

# ADULT *FUNCTIONAL* FITNESS

MONDAYS OR  
FRIDAYS  
6AM

\$25/class  
or \$95/month

\*first class is free  
\*save 20% off your monthly rate if you  
have a child enrolled in classes

## WHAT TO EXPECT:

- A fitness class for all levels
- **Obstacles & stations** utilizing our gym's amenities
- **Strength building** utilizing bodyweight & equipment
- **Flexibility** and **mobility enhancing** exercises

Call to Enroll || 248 816 8496

