

EXTREME PUMP=IT=UP FITNESS!

**Strengthen and Tone Your
Entire Body with our High Energy,
60 Minute Workouts**

EXTREME PUMP

A weight training class to define and strengthen your muscles. Includes the use of barbells • **Bring your own mat**



- 🏋️ Burn up to 500 calories
- 🏋️ Friendly & supportive atmosphere
- 🏋️ All classes open to men & women
- 🏋️ Wide variety of great music

Tuesdays & Thursdays: 10:00 - 11:00am

Includes classes available at Middleburg Heights Community Center
visit our website for the complete class schedule

**Unlimited Classes only \$50/month
or \$140 for 3 Months**

Drop-Ins: \$10 Per Class

Gift Certificates Available • Buy \$50 Get \$10 FREE

Classes Held at

Brook Park Community Center

17400 Holland Road • Brook Park
Community Center Info (216) 433-1545

We are *Your*
New Year's Resolution!
HALF OFF YOUR 1st MONTH
Sign up now for only \$25
New Clients Only

**Call Sophia for Class Details
216-410-7637**

ExtremePumpItUpFitness.com

CHALLENGE YOUR BODY...2 CHANGE YOUR BODY!™