

Strike-Fit

Great for Cross-Training



- "Boot camp" style workout
- Intense cardio blast
- Body weight resistance training
- Boxing, kickboxing, and Martial Arts techniques
- Individual and partnered drills

Start 2009 with a new approach to fitness!

Strike-Fit will add the Cross-Training you need to reach your fitness goals.

Get fit, have fun, and work your whole body, not just part of it. Strike-Fit uses new exercises and training techniques to keep you on your toes.

Challenge your upper and lower body...and every little muscle in-between. Take what you learn in class and incorporate it into your everyday routine for maximum overall fitness results.

Session Dates: 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26

To register call Daniele at 203-768-2866

STRIKE-FIT

\$50

7 Week Session

\$50 or \$9/class Gym Nation members
Non-members \$60 or \$11/class

Thursday evenings
6:30-7:30pm

Classes provided by

East Coast Training Systems

203-768-2866

www.ECTS.biz



Norm's Gym

Waterbury Plaza, 190 Chase Ave.
Waterbury, CT

(203)574-3340

