



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FREE TRX WORKOUT...



FEBRUARY 15 – MARCH 2

Come try one free TRX PRESEASON WORKOUT with our Dynamic Coaches. Sign up at the front desk. Maximum 6 people in a class.

Tuesday	Wednesday	Thursday	Friday	Saturday
	February 15 9:45am – 10:45am Donny		February 17 12:00pm – 1:00pm Dianna	
	February 22 9:45am – 10:45am Donny			February 25 9:45am – 10:45am Debbie
February 28 10:00am – 11:00am Austin		March 1 9:45am – 10:45am Norman	March 2 2:00pm – 3:00pm Esteban	