



TOTAL BODY POWER!

HARDCORE workouts! We do whole body, functional fitness to take you to the next level in strength and power!!

WINTER SESSION

Starting January 6th – for 12 weeks

Monday, Wednesday & Friday
9:15 to 10:30

*REGISTER NOW! with Louise Brunet
space is limited...*

- Build Strength!**
- Improve Range of Motion!**
- Increase Energy!**
- Burn Fat!**
- Feel Great!**
- Have Fun!**



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