

ARE YOU READY FOR A CHALLENGE??!!



FITNESS IS A BATTLE!

**REACH HIGH
AND
BECOME ONE OF THE ELITE
*THE BODYPUMP CHALLENGE HAS BEGUN...***

**WE WILL BE SETTING UP
CLASS-SPECIFIC STATIONS AND
LIFT 50-75 PERCENT MORE THAN
WHAT WE NORMALLY DO IN A
BODYPUMP CLASS, USING A SPOTTER.
BUT IT GETS BETTER...
YOU GET CARDIO AS WELL!**

\$15 FOR A FULL HOUR SESSION.

**CALL GROUP EXERCISE DIRECTOR
LAUREN KRAMER
AT 530.677.5705
OR EMAIL HER AT
LKRAMER@MILLENNIUMSPORTSCLUB.COM
TO SET UP COACHING TIMES.**