

Power Fusion

Power Fusion is a dynamic blend of free weights, cardio, plyometrics, kickboxing, stretching and ab work. Class is designed for those looking to lose weight and tone up. Dumbbells tone major muscle groups while a unique variety of high/low impact cardio burns unwanted pounds.



1

Better – Faster
Results!

2

Lose weight, tone up &
build lean muscle now!

3

Keeps you motivated

Take your Fitness to the Next Level. . .

May 13, 2011 – June 3, 2011

A Power Fusion Session will begin on Friday's, May 13, 2011 through June 3, 2011.

4:45 pm - 5:30 pm

(4) classes in the Lake County Administration Assembly Room. All fitness levels welcome.

Cost is determined on the total amount of participants. Space is limited!

Please call Jackie Via at 350-2748 to sign up!