

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. . .

February 13, 2012 – April 9, 2012

(No Class – February 20, 2012)

A Power Fusion Session will be held on Monday's
(8) classes from 4:45 pm - 5:30 pm in the Lake County Administration Assembly Room

All fitness levels welcome

Cost is determined on the total amount of participants

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