

Power Fusion

Power Fusion is a dynamic blend of free weights, cardio, kickboxing and ab work.



1

Better – Faster
Results!

2

Lose weight, tone up &
build lean muscle now!

3

Keeps you motivated

Take your Fitness to the Next Level. . .

March 14, 2011 - May 2, 2011

A Power Fusion Session will begin on Monday, March 14, 2011 from 4:45 pm - 5:30 pm for (8) 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!