



MWF 6:00-6:50PM  
2X/WEEK FOR \$75/MONTH  
3X/WEEK FOR \$100/MONTH  
TRY YOUR FIRST CLASS FREE!



WITH A MIX OF STRENGTH, ENDURANCE, AND AGILITY TRAINING, YOU WILL BE CHALLENGED IN A NEW WAY TO ACHIEVE YOUR FITNESS GOALS. IN THIS TRAINING CLASS, YOU WILL BE THE HERO OF YOUR STORY THROUGH YOUR DETERMINATION AND ACHIEVEMENTS. MODERATE TO ADVANCED PARTICIPANTS WELCOME.

CHICO *Sports* CLUB  
HEALTH & FITNESS