



This class provides a safe and supportive environment to improve your fitness.

FUNCTIONAL FITNESS @ FIT BOX

Mondays and Fridays • 6-7 p.m.
Fit Box, Support Site Fitness Center

Focus on:

- Building strength and agility through dynamic movements
- Basics of weight-training (learn proper form and technique)
- Getting a well-rounded fitness experience

For more information, call 081-811-6721 | DSN 629-6721.

