

STRONG IS THE NEW

Sexy!



To be your BEST, you must Train with the BEST!

Come check out the Fitness Professionals and Instructors of Best Fitness!

Saturday, January 28th

8AM to Noon

Enjoy Free Guests and Food

Participate in FREE Workouts with all your favorite Best Fitness Staff

Get a chance to win prizes and a chance to show your strength with contests all morning! Including:

- ✓ A Plank-Off
- ✓ Push up contest
- ✓ TRX Lift-Off
- ✓ And Many More...

Group Exercise Room

- 8:00AM.....Zumba® with Cheryl
- 8:30AM.....Top it Off with Deb
- 9:00AM.....Willpower & Grace® with Adrean
- 10:00AM...Tabata with Joanne
- 10:30AM...Yoga with Jaime

Functional Training Square

- 9:00AM.....Core with Alexa & Stacie
- 10:00AM...TRX® with Craig & Cody
- 11:00AM...Kettlebell Swing with John & Joe

Cycling

- 8:00AM.....with Deb
- 8:30AM.....with Michelle
- 9:00AM.....with Gary
- 9:30AM.....with Jaime



BEST FITNESS
Results Based Fitness Center

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www.BestFitness.net