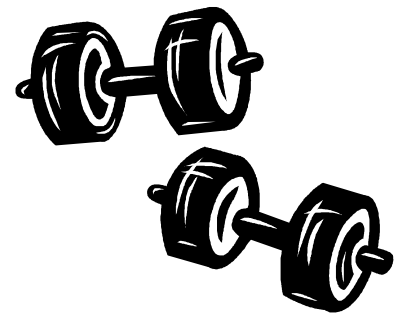


# **Adult Fitness Classes Are HERE!!!**



## **"Gym Fit"**

**cross-training fitness program that incorporates aerobic activities, weight training, and gymnastics-style conditioning for adults who are bored with normal fitness programs and want an exciting and challenging alternative.**

**Times-Mon/Wed 6:00am, 12:00pm Tues/Thurs 8:00 pm  
Fri 12:00 pm**

**Technique Class—3 1 hour classes required and cover movements necessary for Gym Fit. Mon/Wed 11 am Wed 8:30pm Friday 7:30pm**

## **"Boot-Camp"**

**a bit less intense than the "Gym-Fit" program, but still challenging. The focus will be everyday exercises that can be done anytime anywhere.**

**Times Tues/Thurs 9:00 am**

**Pricing: \$100/month Gym fit  
\$100 Technique—Set of 3 Classes  
\$60/month Boot Camp**

**Ask about member discount**

## **Earnest Nelson**

**Cross fit level 1 Certified Trainer**

**4-time national champion gymnast and current amateur mixed martial arts fighter.**

**Hocking Valley Youth Sport Center**

**740-653-FLIP**

**[www.hockingvalleysports.com](http://www.hockingvalleysports.com)**

