

CALL NOW TO REGISTER



Performance Sports Training Center

Adult FAST

• **Athletic Republic: Where Science Meets Sports**

• A High Intensity Circuit Training Fitness Class

Designed to Help Improve Overall Fitness, Firm and Tone

Improved Strength and Cardiovascular Conditioning

Incorporates Patented Equipment, Core Exercises, and Plyometrics

Beginner, Intermediate & Advanced Classes NOW AVAILABLE!

• Class sizes limited to 24

We've got a NEW and EXCITING way to train!!!

• 6 wks 1-hr sessions (M,W,&F 6, 7:15 or 8:30am, 18 total sessions) **\$270**

Phone 518 371 1469 1535 Crescent Road- Clifton Park, NY

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