



**Unleash Your Potential!!!**

**Look Better, Feel Better!!!**

**Accept The Challenge!!!**

**Dates: Tuesdays & Thursdays**

**Time: 7-8 pm**

**Wednesday & Friday**

**Time: 5-6pm**

**Register In Person**

Participation Fees:

- \$10 per person per session
- \$5 for first timers

**Come prepared to reach your maximum physical output, sweat, and enjoy a challenging, fun workout.**

**Participants of all levels are welcome.**

**Training For Bathing Suit Season Starts NOW!**

**For more information, call:**

**TNT Athletic Performance  
(530)343-7397**

## **BENEFITS**

Burn Fat  
Build Lean Muscle  
Increase Energy  
Have Fun  
Quick Workouts

