

The ultimate workout program.

The Hurricane



This is a class setting from a personal training perspective. If you truly want the body you never had this is an opportunity like no other. I will guarantee you, that if you follow my lead you will change your body & your outlook on life.

This class runs 5 days a week, 20 classes a month from 5:30 to 6:15 pm.

IT'S TIME TO KICK SOME BUTT

More about the Hurricane

Who is the Hurricane made for?

It is for almost every walk of life, because YOU

control the weight & the reps & you can work up to the pace set.

We control the **WHAT**, the **HOW** & we remind you of the **WHY**

The Hurricane is an intense workout that will change your body & your life.

You may want to lose weight or tone up or bulk up or may want to become an athlete.

Some people are interested in achieving goals like mountain biking or skiing with their kids or grand kids or hiking the Great Wall of China or enter the world of mixed martial arts (UFC), do a marathon or getting married, both Brides & Grooms, whatever your goal is **we can & will help you achieve it**, all in a positive surrounding atmosphere.

Every person participating will be there to support each other, on & off the floor.

How do we do this? By working the body in many different ways. Changing things up, using different tools to work the body in ways so that you don't know what is coming next or who is teaching the class.

The Hurricane covers Cardio Kickboxing, Pilates,
Power Yoga, Bands, Weights, Ply-metrics

The class size is limited, be the first to sign up.

**IT'S TIME TO UNLEASH THE HURRICANE
IN YOU!**