

SWEAT!

January 9th - April 27th, 2012



Combat Fitness *(Cross fit-inspired)*

High Intensity Metabolic Conditioning.

Uses a combination of strength training and anaerobic conditioning to train the body to better utilize fuel sources through improvements in metabolism.

It's back to basics with full body, functional movements, body weight exercises and hard work! Come prepared to be pushed in a high intensity and demanding workout.

Test your fitness limits!



Instructor: Brandi Sheppard

Military Members Only

No Charge

All Units

