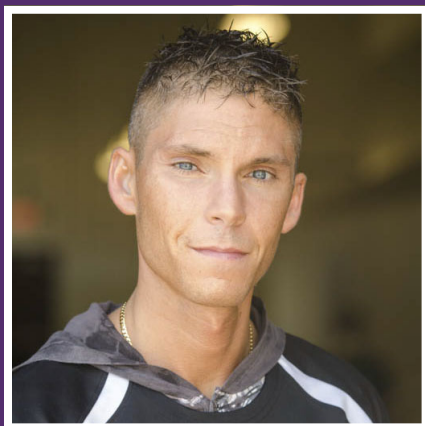


NEW YEAR KICK START

Train with Rhys and Dave!



Customized workouts in a group setting

A great way to learn new workout techniques, nutrition information, and completely change your fitness level!

February 5 - March 6

Wednesdays & Fridays

12:00pm-12:50pm

\$250 for 5 weeks of TRAINING!

Sign up at the front desk!

For more information:

Jamie Smith

jsmith@courtsplus.org



COURTSPUS
COMMUNITY FITNESS

CourtsPlus.org · 701.237.4805

Connect With Us:

