

MAXED OUT!

Extreme Workouts for Extreme People

Only at Coors Core Fitness
Located at the Festival Market of Anderson
7693 Beechmont Avenue
Cincinnati, Ohio 45255

40 Minutes of Intense Strength and Cardiovascular
Training in a Group Exercise Environment

8 Week Sessions meet on:
Wednesdays 6:30pm- High Impact
Saturdays 9:00am- Low Impact

Sessions start:
Wednesday, September 29th
Saturday, October 2nd

\$15/session
\$80 for 8 sessions (1 session/week)
\$150 for 16 sessions (2 sessions/week)

Qualifications:
Must be currently exercising at minimum 3x/week
No orthopedic limitations, cardiovascular conditions or
chronic illness
Clearance from physician to workout

Interested?
Call Lisa 513-476-7151 to sign-up

GET IN THE SHAPE OF YOUR LIFE!

Note: To hold either class, we must have 4 people signed up for their designated class by Monday, September 27th

To register, mail a check payable to Coors Core Fitness to the address below:

Coors Core Fitness
7693 Beechmont Avenue
Cincinnati, Ohio 45255

Please indicate which class you would like to take on your check.

If we do not get the required number of participants, your check will be fully refunded.

There are no refunds for this class once the class starts. The only exception is a medical emergency in which a physician letter is required.