



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AFRAID YOU WILL BE...

NO EXCUSES extreme workout

Dates: February 27th– March 16th

**Monday, Wednesday & Friday
5:30–6:30AM**

**\$70 –members
\$90–nonmembers**



This extreme workout is not for the faint of heart. Over the next three weeks you will endure challenging workouts that will leave you exhausted but energized. This is not for beginners and you should be in relatively good shape when the program begins.

For office purposes: FEB12 07FINOEX

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