



STRONG NATION™

LOCATION: HAYNES REC. CENTER

ADDRESS: 2102 Clark's Crossing Dr.

PHONE: (956) 729-4600

DATES: Monday, Wednesday and Friday

TIMES: 8:15 p.m. - 9:15 p.m.

AGES: 18 years old & Up

FEE: \$25.00 p/month
+ Membership Fee

INSTRUCTOR: Arturo Rico

Children are **NOT ALLOWED** in the room during class.



WORK EVERY MUSCLE

Using your own body weight, you will improve muscular endurance, tone and definition.



FEEL THE AFTERBURN

The high intensity intervals will get your body burning calories long after your workout.



GET STRONGER, FASTER

By working harder than you thought you could, you'll see results faster and accomplish more ambitious fitness goals.