

## STRONG

LOCATION:HAYNES REC. CENTERADDRESS: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.



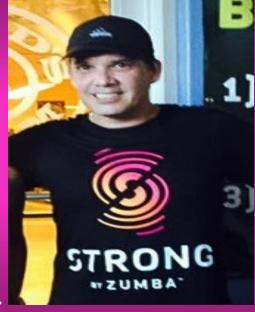
## WORK EVERY MUSCLE

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.