

K-2 CHALLENGE

THIS 3 WEEK PROGRAM REQUIRES PARTICIPANTS TO
COMPLETE A VARIETY OF TOTAL BODY EXERCISE ROUTINES WHERE
EACH WEEK'S ACTIVITIES WILL BECOME PROGRESSIVELY MORE CHALLENGING.

Complete the Challenge
and receive a T-Shirt!

AUGUST 23RD- SEPT 10TH

To sign-up or receive more info, stop by or call the fitness center.

(562) 427-3462

THE MOUNTAIN AWAITS...

BOEING
LONG BEACH FITNESS
boeinglongbeachfitnesscenter.com

