

PLYO INTERVAL X

JUMP HIGHER, RUN FASTER, TRAIN BETTER!

**STARTS TUES:
SEPT 21ST**

**PLYOMETRICS:
AKA EXPLOSIVE TRAINING
WILL HELP IMPROVE:**

- > VERTICAL JUMPING**
- > AGILITY**
- > CORE POWER**
- > ENDURANCE**
- > AND MORE!**

**CLASS WILL BE HELD ON
TUESDAYS & THURSDAYS
3:30-4:00PM
@ LONG BEACH FITNESS CENTER
562-427-3462**

**BOEING
Long Beach Fitness**
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