

Xpress Fitness



30-Minute Circuit Training

- INSTRUCTOR LED CLASS
 - SMALL GROUP
 - TOTAL BODY FITNESS
 - STRENGTH TRAINING
- SUSTAINED CARDIOVASCULAR EXERCISE

Monday - Thursday

7:00 - 7:30 A.M.

Monday & Wednesday

3:00 - 3:30 P.M.

BOEING
Long Beach Fitness
www.boeinglongbeachfitnesscenter.com

