

Xpress Fitness



**CHECK IT
OUT!!**

30-Minute Circuit Training

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

Tuesday & Thursday

7:00 - 7:30 A.M.

Monday & Wednesday

3:00 - 3:30 P.M.

BOEING
Long Beach Fitness
www.boeinglongbeachfitnesscenter.com

