

# **TKO FITNESS**

This MMA inspired functional training class will introduce you to a variety of total body exercises designed to improve aerobic and strength conditioning.

Class will be held Mondays:  
11:45am– 12:30pm  
at the Long Beach Fitness  
Center.  
(562)427-3462

**BOEING**  
**Long Beach Fitness**  
[boeinglongbeachfitnesscenter.com](http://boeinglongbeachfitnesscenter.com)

