

Fitness Classes at the Kentlands Clubhouse



Are you not seeing results from your current program? Are you not sure where to start? Are you bored with the same old workouts? Or are you looking for a challenge?

Let us help you get the answer to all your fitness questions as well as results. Join one of the fitness classes listed below and make it happen today!

GENERAL CONDITIONING CLASS

JANUARY 5TH TO MARCH 11TH

TUESDAYS, THURSDAYS \$260

CLASS ONE: 6:30 TO 7:20 PM (class is full)

CLASS TWO: 7:30 TO 8:20 PM (3 spots open)

JANUARY 4TH TO MARCH 10TH

MONDAYS, WEDNESDAYS \$260

CLASS ONE: 9:00 TO 9:50 AM (2 spots open)

OTHER CLASSES COMING SOON: (LAST WEEK IN JANUARY)

- GOLF CONDITIONING CLASS
- STRETCH, FLEX AND CORE CLASS



To register for one of the above classes please call Jeff Parker at (301) 908-2940. Register now before class is full!

Available now! Pay for classes online at completephysiqueinc.com.

