

FREE BEGINNER CLASS



Try a full body, muscle toning workout that's not only FUN, but the newest fitness RAGE. Cage Fitness has all the benefits of a full contact mixed martial arts workout; without the contact, without the partners and without the injuries.

- NO Partners
- NO Contact
- NO Martial Arts

ONLY

- Sweat Pouring
- Fat Burning
- Muscle Toning

EXERCISE



No Partners • No Contact • No Martial Arts

FREE Beginner Class

Date: _____

Time: _____

Call now to RSVP. Space Limited!

Sweat Pouring • Fat Burning • Muscle Toning

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