

# LAZY DAYS OF SUMMER ARE OVER!

FREE CLASS PASS  
CALL TODAY  
FOR DETAILS



## GREAT FOR ALL FITNESS LEVELS!

Burn maximum calories with a 30 minute workout. Cage Fitness combines strength training and cardio for a workout that challenges your entire body. Work every major muscle group and get lasting results.



# LAZY DAYS OF SUMMER ARE OVER!

FREE CLASS PASS  
CALL TODAY  
FOR DETAILS



## GREAT FOR ALL FITNESS LEVELS!

Burn maximum calories with a 30 minute workout. Cage Fitness combines strength training and cardio for a workout that challenges your entire body. Work every major muscle group and get lasting results.



# LAZY DAYS OF SUMMER ARE OVER!

FREE CLASS PASS  
CALL TODAY  
FOR DETAILS



## GREAT FOR ALL FITNESS LEVELS!

Burn maximum calories with a 30 minute workout. Cage Fitness combines strength training and cardio for a workout that challenges your entire body. Work every major muscle group and get lasting results.



# LAZY DAYS OF SUMMER ARE OVER!

FREE CLASS PASS  
CALL TODAY  
FOR DETAILS



## GREAT FOR ALL FITNESS LEVELS!

Burn maximum calories with a 30 minute workout. Cage Fitness combines strength training and cardio for a workout that challenges your entire body. Work every major muscle group and get lasting results.

