



Lose fat, increase endurance, build lean muscle and elevate metabolism

GET RIPPED BY JO

This 5-week series will be offered

Tuesdays 9am

Wednesdays 10am

Thursdays 10am

Saturdays 9am

\$195 for 10 sessions (come any day 1-4x/week)

Contact Fitness Director, Julie Daly, with any questions. julie@kingsburyclubmedfield.com

(508) 906-1017