

FITCLUB

with Anna McGee and company

CLASS SCHEDULE

	Mon	Tues	Wed	Thur	Fri	Sat
TRX Fusion		5:15am 1:15pm	5:00pm	5:15am 1:15pm		7:00am 8:15am
KETTLE EXPRESS		4:15pm				

CLASS DESCRIPTIONS

TRX Fusion- A class that combines TRX & Kettlebells for strength, balance and to create a kickbutt workout. All done to timed intervals keeping you focused and on your feet.

Kettle Conditioning & Express- Class increases your explosive speed, stability and strength as you move through a targeted weight workout.

Personal Training- Working one-on-one or in a small group format with Anna. She will tailor a plan to suit your needs and reach your goals.



- *TRX
- * Kettlebell
- *Personal Training
- *Nutrition Planning

AnnaMcgee.com

Facebook- FitClub
with Anna McGee &
Company

Call 218*393*4671

Check out everything Fit Club at
AnnaMcGee.com