



xtreme Fitness



Want a high-intensity, advanced, outdoor workout?

Try twice a week with a personal trainer.

Flipping tires, running with a parachute, rope swinging ...

Cost: \$5 per class, payable the day of your workout.

Limit 12 participants per class. First come, first serve.

Required: Water, towel and work-out gloves.

Tuesdays and Thursdays 6:00-7:00 p.m.

Start date: January 11, 2011

For more information, contact the NSU RecPlex at
(954) 262-7018, or email pmarcela@nova.edu.

