



COMING SOON

Beginner Weight Training

Functional Training

TRX Suspension

Fit Camp

Rob Quimby
Fitness Lifestyle LLC
513-772-4530

muscledude@cinci.rr.com

www.flpt.net

World Gym West Chester
 513-874-8384

www.worldgym.com

CURRENT GROUP EXERCISE CLASSES

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	Flex Fit Stretch Class 10-10:40am					
	Absolutely Abs / Core 12:15 – 12:45		Absolutely Abs / Core 12:15 – 12:45		Metabolic Boost Camp 12:30 – 1:30	
Metabolic Boost Camp 6:00 – 7:00 PM		Butt, Belly Thighs 6:00 – 6:30 PM				