

WEIGHT TRAINING EXECUTION & FITNESS

DATE & LOCATION:

Apr 16, 2020 until May 5, 2021

11:30 am to 12:15 pm

Victory Fitness Center

25510 Brainard Avenue



FREE small, instructional weight training clinic open to all military ID holders. Class will focus on essential training cues and techniques for an optimized state of fitness.

Machines, free weights, boxing, and cardio will all be utilized. Limited to a sign up basis of only 3-5 per class. Classes will be on Tuesdays and Thursdays.

For sign up and more information:
706-791-2864/706-421-7120

