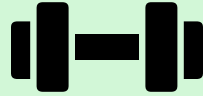


# PUSH YOUR LIMITS

## AND KNOCK DOWN BOUNDARIES

### PALISADES STRENGTH AND CONDITIONING



Schedule (Beginning Sep 24):

MONDAY

WEDNESDAY

FRIDAY

10:15 - 11 am

10:15-11am

10:15- 11 am

Complete, full body workouts designed to improve both muscular and cardiovascular strength, while having fun and supporting others at the same time. We will use circuit based workouts to rotate through a variety of high intensity movements. My Strength Conditioning class will get you breathing, make you sweat, and have you asking for more!

Cost: \$119/Month

Classes last 45 min.  
Minimum of 10 people  
to hold.

Try it out for free  
from 9/24-9/30!

To Register please  
contact  
Live Active Charlotte:  
[info@liveactiveclt.com](mailto:info@liveactiveclt.com)

