



Fit Club

Free Fitness Class

When: Monday, December 19th @ 5:00 PM
Where: Villages of Westcreek Community Center

Join us for a
30-minute workout!

Core de Force - MMA Speed
Punch, Kick, and Sweat

Each move, whether it's a jab, a kick, or an uppercut, works your core from every angle.

You Need:

Water bottle

Small towel

Athletic shoes

Comfortable clothes



Fitness Level: ALL



Lisa Williams
210-516-2535

Come With a Buddy and Enter To Win A Prize!

IMPORTANT: Kids are okay as long as they are old enough to either do the workout with us (*they'd enjoy it!*), or entertain themselves.

Please contact me with any questions!