

SNAP FITNESS WORKOUTS

With Snap Personal Trainers
Erik Hansen & Nicole Nathan

POWER PUMP

Melt away the pounds with Erik's ultra-efficient program with moves that integrate muscular and cardiovascular endurance. Tone and tighten with heart pumping segments to give you a killer shape!

\$50

16 Sessions

Begins Sept 14th!

TUESDAYS & THURSDAYS 5:15-6:30

**FREE Fitness Assessment
Prior To Class!!**

KICKBOXING 101

Punch, Kick and Strike your way to leaner and stronger shoulders, arms, legs, glutes and abs! You'll utilize cardio, core, endurance and power moves to give you a knockout body!

Punch Cards

10x = \$40 16x = \$56 20x = \$60

Begins Sept 13th!

MONDAYS 4:15-5:15 & WEDNESDAYS 5:15-6:15

**20% OFF
For Snap
Members!!**

CARDIO INTERVALS

Fire up your metabolism with this workout alternating short bursts of fat blasting cardio with intervals of muscle conditioning. Nicole's high energy workout is meant to work your heart — get ready to sweat and have fun doing it!

Punch Cards

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Sign Up At The Front Desk!