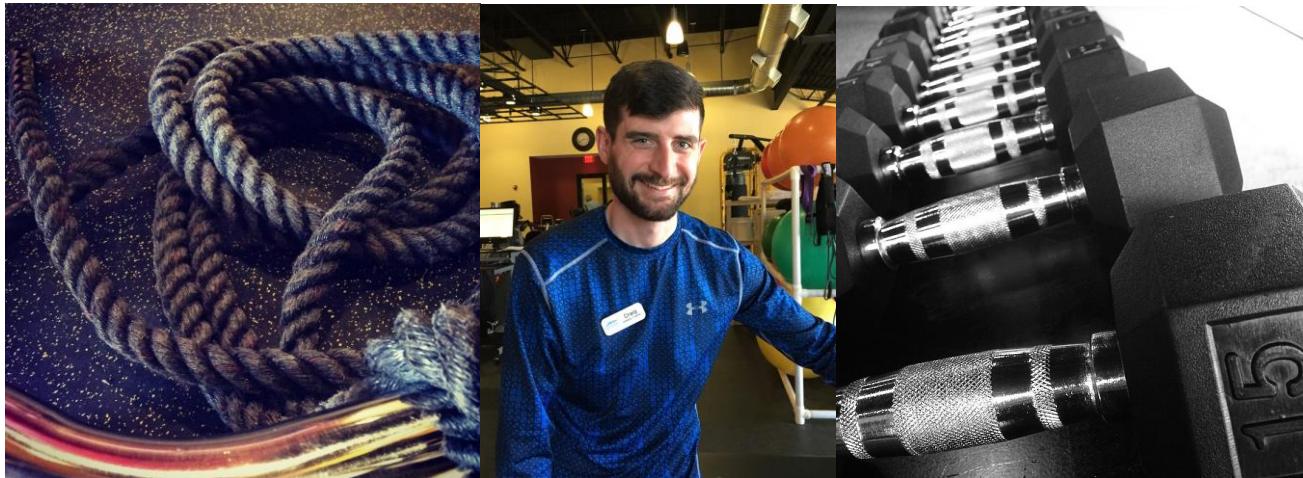




Progressive STRENGTH Program

Learn about periodization and enter Phase 1 of a Progressive Strength Program. The goal is to maximize your gains in the gym while getting stronger, faster and more flexible. The program also focuses on proper technique to help you get the most out of your workout and reduce the risk of injury.



12 WEEKS 1/8-3/28

Tuesdays & Thursdays 5:30-6:30pm

**Member Rate \$207
Non-Member Rate \$297**

Mashpee Fitness

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