



**From Start...To Fitness!™**

2nd Nature™ Performance

**763-333-0333**



- \* All Ages!
- \* Beginner to Athlete!
- \* Private Online Training!
- \* Techniques are Modified to meet your Physical, Health & Fitness levels!

**Get Fit & Healthy in just 40 fun-filled minutes!**



**Excellence  
is in the  
DETAILS!**

- w 21 Proprietary "From Start...to Fitness!™" workout routines
- w FULL-Body "Functional Movement Training" in every routine
- w Private & Group coaching by experts (including Black Belts)
- w Fitness Area is never overcrowded to allow safe & effective movement
- w Routines are designed to unlock & maximize your full fitness potential
- w Never Boring...always challenging...very energetic, & highly effective
- w Training incorporates bodyweight, resistance bands, bags, pads & dumbbells
- w Expert Training for safe & effective performance of even demanding techniques
- w Learn Karate, Pilates, Yoga, Kickboxing, Self-Defense, Body Balance, & more
- w Workouts vary in intensity, are plateau-proof & can be performed daily
- w Workout Bandits™ is focused on family, fitness & community



**Bandit Program:**

5 visits – \$75.00 10 visits – \$135.00



**Full Membership Options!**

(Call for details: 763-333-0333)

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w [Champlin - MN](#)