

Workout andits

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)



w WorkoutBandits.com

w Fit@WorkoutBandits.com

w Champlin - MN