

# POWER HOUR

## FULL BODY STRENGTH TRAINING

### WITH PT TROY J



Day: Saturdays

Dates: April 5 - June 28

Time: 12:00pm to 1:00 pm

Cost: \$20 **per class** Residents  
\$25 **per class** Non-Residents



**\*BRING A MAT WATER TOWEL ETC\***

**TO JOIN THE PWR HR CONTACT:**

**TROY J** 216-972-8298

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