

GROUP FITNESS.

A 45-minute interval training class mixing dumbbells, kettlebells, bodyweight movement, and cardio — built around fundamental movement patterns.

- **Dumbbells, kettlebells, and movement patterns.** Coached technique so every rep actually counts.
- **A workout for every body.** Every move is scaled to you — go at your own pace, in your own way.
- **Your neighbors, working out together.** Coached by a former pro-team strength & conditioning coach.

\$15

PER CLASS



FIRST CLASS FREE

Enter code **FIRSTFREE** to claim your first session.

CLASS TIMES

THURSDAYS · 6:30 – 7:15 AM

Reserve your spot

Scan the code above to book & pay
Questions? mbftraining1@gmail.com

Residents can bring a friend!