

Group Training Classes

Indoor & Outdoor Fitness Classes

All Fitness Levels! Beginners Welcome! No Experience Necessary!

Toning

Fat Burning

Circuit Training

Abs Butts and Guts!

Beach Classes

Fat Burning Resistance Training Workouts

Pre/Post Natal – Baby Group Training Workouts!

Where?

***Inside our state of the art private studio!**

***Outside in the parks and the strand in Redondo Beach!**

***Have fun, meet new people in a non-intimidating environment! Small Classes!**

***Classes will be held inside when raining or too hot!**

When?

Sessions are every 4 weeks starting the 1st of every month!

Tuesday 6:30PM

Studio 1 and Beach Class

Thursday 6:30PM

Indoor fitness circuit training class

How Much?

\$160.00 per month

How to Register:

Extremely Fit Personal Training
1300 S. Pch #105, Redondo Beach
(310) 316-9116

Or on the Web: www.extremelyfit.com