

MAXED OUT!

Extreme Workouts for Extreme People

Only at Coors Core Fitness
Wellington Orthopaedic Center

40 Minutes of Intense Strength and Cardiovascular
Training in a Group Exercise Environment

8 Week Sessions meet on
Wednesdays 7:30pm- High Impact
Saturdays 8:30am- Low Impact

Sessions start:
Wednesday, September 16
Saturday, September 19

\$15/session
\$80 for 8 sessions (1 session/week)
\$160 for 16 sessions (2 sessions/week)

Qualifications:
Must be currently exercising at minimum 3x/week
No orthopedic limitations, cardiovascular conditions or
chronic illness
Clearance from physician to workout

Interested?
Call Lisa 513-476-7151 to sign-up
GET IN THE SHAPE OF YOUR LIFE!
-Over for registration information-

Note: To hold either class, we must have 3 people signed up for their designated class by Wednesday, September 9th

Register by filling out Maxed Out! Registration Forms located outside Lisa's office (Past Participants can omit this step and just mail check)

Registration must include your 8 session check (\$80) or one session check (\$15) made payable to Coors Core Fitness.

Place check in envelope with form(if not a current client) and place under Lisa's door or mail to:

Lisa Coors

@Wellington Orthopaedic and Sports Medicine
7575 Five Mile Road
Cincinnati, Ohio 45230

If we do not get the required number of participants, your check will be fully refunded.

There are no refunds for this class. The only exception is a medical emergency in which a physician letter is required.