

Body Works

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Make the muscles of your body larger and stronger through tension and exercises such as lifting weights. Professional training with Kevin Nomak.

Conceptetur adaptis

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 - Pulvinare dosis gravida
 - Terminal metro
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- Consectetur adipiscing elit
 - Pulvinare dosis gravida
 - Terminal metro

Class Trainers



Kevin Nomak

Consectetur adipiscing elit donec eleifend vestibulum sem, eleifend nunc congue eget mauris dapibus.

- Age
34
- Weight
185-190 pounds
- Height
5'11'
- Occupation
Co-Founder

Martial Arts

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MMA Mixed Martial Arts training gym with Boxing, Muay Thai, Thai Boxing for beginners to professionals. Professional training with Robert Bandana.

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Class Trainers



Robert Bandana

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- Age
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5'11'

- Occupation
MMA Trainer
-

Power Fitness

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Power Fitness training is exercise that raises your heart rate enough to deliver oxygen to the muscles. When done regularly, it improves the delivery as it provides the individual with more energy, as well as promotes weight loss.

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Class Trainers



Mark Moreau

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- Age
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Co-Founder



Trevor Smith

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- Age
28
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175-180 pounds
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Fitness Trainer

CrossFit

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CrossFit is an intense exercise program featuring dynamic exercises like plyometric jumps, and Olympic lifts while using non-traditional weightlifting equipment such as kettlebells, sand-bags, suspension systems or water-filled implements.

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Class Trainers



Kevin Nomak

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Boxing

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Boxing class with Muay Thai, Thai Boxing and MMA Mixed Martial Arts training gym for beginners to professionals. Professional training with Robert Bandana.

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Class Trainers



Robert Bandana

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MMA Trainer

Zumba

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Zumba is a fitness program that combines Latin music and easy to follow dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training. It is a fun way to work out. Professional training with Emma Brown.

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Class Trainers



Emma Brown

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Body Building

<http://source.mp3>

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Class Trainers



Kevin Nomak

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Open Gym

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Gym is open to all ages, no class. Open entry to the fitness room with weights and cardio equipment as well as wide variety of equipment available for your use.

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Class Trainer



Mark Moreau

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Cardio Fitness

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Class Trainers



Mark Moreau

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Trevor Smith

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Cardio Trainer