

ADULT FITNESS



MONDAY

7 PM

WEDNESDAY

7 PM

SATURDAY

10 AM

**JOIN US FOR OUR 2ND GENERATION OF
ADULT FITNESS! A NEW AND IMPROVED
TRAINING PROGRAM FOR ADULTS OF
ANY AGE! WHATEVER THE GOAL, WE
ARE HERE FOR YOU!**

COME TRAIN WITH THE BEST!

YOUR 1ST SESSION IS

FREE



123 MURRYSVILLE RD.

LEVEL GREEN, PA

724.493.0341

WWW.FSQSPORTSTRAINING.COM



@FSQ_SPORTS