



ALPHA FITNESS

**ALL NEW
LITTLE
ALPHAS
BOOTCAMP
CLASSES
WITH
ANTHONY!**

KIDS BOOTCAMP!

EVERY WEDNESDAY

1:00PM – 2:00PM

ALPHA FITNESS IS OFFERING A FUN-FILLED FITNESS CLASS FOR LITTLE ALPHAS, SUGGESTED AGES 2-6 YEARS OLD, INSTRUCTED BY OWNER & CERTIFIED PERSONAL TRAINER ANTHONY FREDA!

CLASS MEETS EVERY WEDNESDAY 1 -2 PM

DROP-IN RATE \$20 A CLASS – YOU MAY PRE-PAY FOR FIVE CLASSES AT A DISCOUNTED RATE OF \$80 (\$20 SAVINGS!)

**ATTENTION
LITTLE ALPHAS!**

**CHILDREN'S
FITNESS
CLASSES**

**WEDNESDAYS
1:00PM**

**OPEN TO THE
PUBLIC!**

\$20 A CLASS

5 CLASSES FOR \$80

**INSTRUCTOR:
ANTHONY FREDA**

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