

Get FIT and BE PHAT
with the
Phat Chicks

Phat Fit

4 week Clinic
3 classes/week~ 45-60 minute class

Fee: \$180.00 *or* \$160.00 if it's not your first clinic.

***Includes:** Full body workouts designed to improve strength and develop cardio system using weights, kettle bells, medicine balls, ropes and hanging bars..!!!! For new clients: 3 day nutrition sample plan, support and coaching.*

TUESDAY, MAY 21 ~ SATURDAY, JUNE 15 2013

Tuesday + Thursday- 6~7am

Saturday- 8:30~9:30am

****Bonus - SATURDAY classes for this clinic will be
Body PHAT**

A strong **CORE** is the focus for this class. Core strengthening using equipment...weights and bars and ropes and balls...30 minutes of core, 15 minutes of cardio.

LOCATION

Burlington Crossfit North
3523 B Mainway,

(North West corner of Walkers line and Mainway)

BE AMAZING. BE STRONG. BE PHAT.



BEPHAT