

Slim Down & Tone Up!

Define & Sculpt for Total-Body Definition!



*****September SPECIAL*****

Join Now and get your first
4 classes for \$20
*rules apply



30 Days to a Healthier New You!

➔ Every Tuesday & Thursday ←

Mornings – *WOMENS FITNESS BOXING* – 9:30 am – 10:15am

Evenings – *STRENGTH TRAINING* – 7:00pm – 7:45pm



Are you AB-solutely ready!?
Call Now to get started!

(954) 829-4731

Outdoor Group Fitness Classes
Katy, TX



World Renowned Athlete
Rosemary Homeister

www.Round4Boxing.com