

CITY CLUB'S

DEXERCISE WITH DEX

WOMEN'S TOTAL FITNESS

DEDICATED FOR WOMEN

A 4 WEEK CAMP THAT WILL HELP UNLOCK
YOUR INNER FITNESS.

4 WEEK CAMP
Offered Monthly

Tuesday and Thursday

6:30 AM at City Club

- * Tone, Sculpt, and Reduce Body Fat
- * Intense Cardio, Weight-lifting, and Kickboxing
- * Increase Energy and Endurance
- * Receive meal plan, grocery list, and fitness assessment upon request
- * Increase Core Stability



\$150, Members * **\$200**, Non Member

Instructor: Local NPC Figure Champion & Fitness Guru

Dextria "Dex" Sapp

Limited space so sign up with Dex today at
dsapp@cityclubrr.com or 337-280-1860!

