

OUR MEMBERS GET RESULTS

- Small Group Fitness Classes
 - Clean Comfortable Environment
 - Use of Heart Rate Monitors
 - Certified Trainers
 - Supervised Child Care
- Are the Recipe for Their Successes

- NO HIGH PRESSURE SALES
- NO CONTRACTS
- NO OBLIGATIONS
- NO EXCUSES

Pay Per Class
Punch Cards &
Unlimited
Memberships
from \$45

It takes more than just cardio workouts for successful weight loss. You need variety and you need weight training. We offer unique classes not found elsewhere in the metro— high intensity low intensity and weight training...

- SURFSET® • Spivi® Indoor Cycle • Yoga
- POUND® • Piloxing® • Zumba® • Barbell
- HIIT • Barre • Boot Camps



THE FIRM
CARDIO STUDIO
www.thefirmcardio.com

SURFSET • CYCLING • GROUP X • YOGA

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Your Fitness is OUR Business!