

BANGIN' BODY TRAINING CENTER

129B CORPORATE DR., SWANSEA, IL 62226

Bangin' Body Training Center

"Jump Off!"

September 6TH, 2010 5:00am - 9:00am

Come and join us for Kickboxing, Cross-Training, Plyos and Piyo. There will be four 45 minute classes offered to display a few of the classes held at the center.

Jump into a class or just swing by to meet the trainers and inquire about all the center has to offer.

The cost to the Jump Off is \$5.00

Check out what's coming!

Sizzling in September

September 7th - 24th

- Monday: Kickboxing 5:00am-6:00am
Cardio & Abs 5:45pm -6:45pm
- Tuesday: Pilates 9:30am-10:15am
- Wednesday: Specialty 5:00am-6:00am,
Specialty 5:45pm-6:45pm
- Friday: Cross-training 5:00am-6:00am

Fee: \$50 for entire month or \$10 per class



SHAWNTA KINMON
OWNER/TRAINER

For more information please contact
Shawnta Kinmon: (618)520-6679
Shawnta2bfit@aol.com

Or check us out online at
www.banginbodytraining.com

Be the best me, I can be!

Fit & Fabulous in Fall

"Back to Bootcamp"

October 4th - November 24th

Monday - Friday: 5:00 am - 6:00 am
Monday - Thursday: 5:45 pm - 6:45 pm

*Saturday Classes 7:00 am - 8:00 am
and will be announced weekly.*

Registration Opens: September 6th
Program Fee: New Clients \$200
Existing Clients \$150
Week Pass \$35
Class Pass \$10

