

CALL NOW TO REGISTER



Performance Sports Training Center

Adult FAST

•Athletic Republic: Where Science Meets Sports

•A High Intensity Circuit Training Fitness Class

Designed to Help Improve Overall Fitness, Firm and Tone

Improved Strength and Cardiovascular Conditioning

Incorporates Patented Equipment, Core Exercises, and Plyometrics

Beginner to Intermediate Classes NOW AVAILABLE!

• We've got a NEW and EXCITING way to train!!!

• Class sizes limited to 24

•6 wk 1-hr sessions (M,W,F 6, 7:15 or 8:30am)

\$215

Phone 518 371 1469 1535 Crescent Road- Clifton Park, NY

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