

**Are you getting the **MOST**  
out of your workout?**

**\*Core\* Cardio\* Conditioning\***



**The 3C class is your answer to getting in shape for this summer. The most bang for your buck class ever created, 3C is a strength, cardio, and core workout that provides easy, affordable, and **FUN** fitness for all levels.**

**Space is limited. Call Steve at 770-597-7603 to sign up today**

**Classes held at the Fitness Center in Eastside Athletic Club. 2084 McGee Rd. Snellville, GA  
Non-Members welcome. Classes held Mon and Wed at 6pm. Tues and Thurs at 9:45am**