

FITNESS MENTALITY

REGISTER
NOW



ELEVATE YOUR GAME!

REGISTRATION LINK:

WWW.FITNESSMENTALITYWINONA.COM//_PAYLINK/AZV9DUUQ

YOUTH TRAINING PROGRAM **12-WEEK KIDS BOOTCAMP (24 SESSIONS)**

TUESDAYS

UPPER BODY & ABS | 5:00P - 5:45P

LOCATION | FITNESS MENTALITY

DATES | MARCH 23 - JUNE 8

SUNDAYS

LEGS, GLUTES, & CARDIO | 9:00A - 9:45A

AGES | 9 TO 15

COST | \$150



**105 E 3RD ST
WINONA, MN**

(651)-564-1493