



## ADULT FITNESS CLASSES

available from

### Adrenaline Athletic Training

in Riverside

827-A Palmyrita Avenue

**CALL NOW** to reserve  
class space is **limited**  
(951) 686-8881

- Improve your body composition
- Achieve your fitness goals
- Enjoy your workout
- Get in shape now

As low  
as **ONLY**  
**\$7**  
per class

**FREE Saturday  
Trial Classes**

#### CLASS TIMES

Mondays & Wednesdays  
5 AM, 6 AM, & 4 PM

"Fitness at the speed of life"



[www.YouJustTurnedPro.com](http://www.YouJustTurnedPro.com)