

YOU NEED TO TRY THIS.

Do you want to
lose weight?
Tone? Get more
physically fit?




Download the Surge Sports
Training app to register for this
class or other Surge services.

Classes BEGIN April 30th
6:30-7:30 a.m.
ALL levels welcome!

- HIIT TRAINING - KETTLEBELLS - CORE MOVEMENTS - PLYOMETRICS

 Surge Sports Training

 @surgesportstraining

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SURGE Sports Training Center
2310 Big Oak Road
Langhorne, PA 19047

Register at: surgesportstraining.net