

Grades 6-12
Mondays 12-1pm
or 1-2pm



#TotallyAwesome

This class will bring high quality training, education, and motivation in a structured class setting.



Our Trainers blend a variety of programs to help:

- **Improve Overall Health**
- **Enhance Athletic Performance**
- **Build A Strong Foundation for Overall Strength**

We partner with you and your kids to bring sustained success in functional fitness and athletic performance!



It's all about Teamwork, Fun, and Reaching Your Goals, all while being
#TotallyAwesome!

20936 Sage Lane

TFITNESS
www.myTfitness.com

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