



CHEMICAL HIGH

With Mati Topping

IT'S PERFECTLY LEGAL

TUESDAYS & THURSDAYS

6:05AM - 6:50AM

high intensity interval training
designed to release your body's potential

If you put in the effort, the science works.

6 Weeks / 12 sessions for \$120

Limited to 10

Spin Bikes Used For Cardio Intensity.

Bike Shoes Not Allowed.

Sign Up at Front Desk or

Call 843-681-6161

