

## CELEBRATING 34 YEARS OF FITNESS IN MORRO BAY

## THE CENTRAL COAST'S MOST COMPREHENSIVE FREE WEIGHT LONE

MULTIPLE RACK SYSTEMS
ROGUE BARS AND PLATES

• DEDIGATED DEAD LIFT PLATFORM

## FUNCTIONAL TRAINING LONE

- BATTLE ROPES
- PLATE LOADED SLEDS
- MOVESTRONG FUNCTIONAL RACK

## **GROUP FITNESS**

OVER 45 CLASSES WEEKLY

PERSONAL TRAINING INFRARED SAUNAS THERAPYWORKS MASSAGFWORKS



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