

EXPRESS *FIT*

Lunchtime Workout

If you have a hard time finding time to workout around your job and family commitments then the *Express Fit Lunchtime Workout* program will work for you!

Tuesday & Thursday
12:15 – 12:45

Work with a Certified Personal Trainer in a small group with other professionals to maximize your workout in just 30 minutes.

8 class punch card \$80
(no expiration)

Or

\$44 per month with
unlimited classes &
full membership

JORDAN FITNESS CENTER

430 Plymouth Street

Halifax, MA 02338

(781) 293-0241

www.jordanfitness.com