

Beyond the Burn™

Fusion Training Group Conditioning

Reasons to Participate

- Tone muscles
- Strengthen muscles
- Lose weight & body fat
- Enhance your current workout
- Gain cardiovascular benefits
- Overcome workout plateaus
 - Change body shape
 - Increase metabolism
 - Improve functional fitness
- Improve balance & coordination
 - Improve flexibility
 - Increase bone density
- Maintain healthy blood sugar levels
 - Improve digestion
 - Sleep better
 - Reduce stress
 - Increase energy
 - Prevent injury
- Learn exercise theory
- Experience new exercises
- Maximize workout time
- Feel good about yourself

Beyond the Burn™

Fusion Training Group Conditioning

409 Fitness™

1701 Concord Pike
(at the corner of 202 & Murphy Rd.)
Wilmington, DE 19803

Presented by

**ROCK HARD Enterprise,
LLC**

and

Jeff, Owner and Proprietor
certified and insured

Website

www.409Fitness.com

Facebook

[www.facebook.com/
409Fitness.Gym](http://www.facebook.com/409Fitness.Gym)

Email

409FitnessPT@gmail.com

Call Today

(302) 354-7011

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is for men & women

- of all ages
- of all fitness levels
- of all body types
- inexperienced with exercise
- who want to take their workout to the next level
- with special needs
- with health concerns
- with weight issues
- who want to take better care of themselves

Beyond the Burn™

Fusion Training Group Conditioning is

A 45-minute full body workout using body weight, partner resistance, free weights, dynamic stretching, agility training and balancing exercises to work your lower body, upper body, and core.
You Will Get Results!™

Beyond the Burn™

Fusion Training Group Conditioning



409 Fitness™

Personal Training & Group Conditioning

Your health is an
investment
not an expense™

**Call Today
(302) 354-7011**

**You Will
Get Results!™**

Beyond the Burn™

Fusion Training Group Conditioning packages

12 sessions at 45 minutes
2 People
\$175 each person

3 or More People
\$150 each person

12 sessions at 60 minutes
2 People
\$225 each person

3 or More People
\$200 each person

For Personal Training Between the Hours
of 9:00pm & 4:59am
Add \$75.00 to Each Package

Gift Certificates Available

Mission Statement:

**ROCK HARD Enterprise,
LLC**™

**Beyond the Burn™ Fusion Training:
You Will Get Results!™**

Established 2016