



OUR THEORY OF
"TEAM BUILDING EXERCISE"
IS DIFFERENT THAN YOURS!

- ✂ GROUP PERSONAL TRAINING
- ✂ 1-HOUR WORKOUTS
- ✂ BURN 500-1000 CALORIES EACH WORKOUT
- ✂ BURN CALORIES UP TO 36 HOURS POST-WORKOUT
- ✂ BUILD ENDURANCE, STRENGTH AND POWER
- ✂ BEGINNERS TO ADVANCED

DISCOUNTED GROUP RATES AVAILABLE!

OTF DOWNTOWN MIAMI
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MIAMI, FL 33132
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