

San Antonio Cardio Class

READY TO GET IN SHAPE?

MPT'S CARDIO CLASS IS DONE AS A SUPPLEMENT TO MPT'S

FITNESS BOOT CAMP. CARDIO WORKOUTS ALONE WON'T GET

YOU THE LOOK YOU WANT, BUT IF DONE IN CONJUNCTION

WITH A GREAT RESISTANCE PROGRAM, THE RESULTS WILL

HAVE PEOPLE TURNING THEIR HEAD TO GET A LOOK AT YOU!

If you are working out for only 3hrs or less/week, then you need to join our Cardio Workout Class.

We are going to be starting this program on Tuesdays and Thursdays at Blossom Athletic Center @ 6:30pm to help those of you who need an extra push in order to continue to workout during the week.

We are adding this class because we have recognized that while our boot camps are excellent and produce excellent results, the results our clients could be getting would be even better if we could get them to workout for an extra hour or two a week. If you are interested in joining our cardio class, then call me @ (210)415-5934 or simply click the button below to get registered.

WHO: You, MPT and Friends

WHEN: Tuesdays and Thursdays from 6:30pm-7pm

WHERE: Football Field at Blossom Athletic Center (Corner

of Bitters and Jones Maltsberger) and the Thousand Oaks Studio

WHY: To get a great cardio workout in between

resistance workouts!

COST: \$75- If you don't workout in one of our M,W,F boot camps

or train with us individually.

\$30- If you are a part of a boot camp or train with us!