



**Ages 8 & Up**

**Get trained by the pros!**

**Total Fitness Family Center  
9801 Anderson Road  
Piedmont, SC 29673**

**Are you seeking to  
gain that edge and  
elevate your game  
to the next level?**

**As low as \$25 per session**

- Hill running
- Rope training
- Tire training
- Sled training
- Light resistance training
- Stamina
- Balance training
- Pool therapy
- Sauna & steam therapy

**To register please call  
(864) 295-3687**

**Hard core agility & speed training at**



[www.totalfitnesscenter.com](http://www.totalfitnesscenter.com)

**Guaranteed results!**