

Advanced Fitness Training

Do you have a passion for fitness?

Do you want to improve your overall strength?

Do you enjoy pushing yourself out of your comfort zone?

If so, Advanced Fitness Training is what you are looking for. This course goes the extra mile to ensure you push yourself to be the best you can! This course is designed for the highly motivated, dedicated and all around go getter. If this sounds like you stop in the gym and see Mr. Moore or your Guidance counselor for more information.



The 4 basic types of fitness training

