

## Did You Know?

Combining two or more physical activities in a cross-training regimen can effectively achieve a reduction in body weight and fat stores.



# THE ALL-INCLUSIVE ADVANTAGE AT PARK VIEW FITNESS

## Take advantage of what Park View has to offer and reap the benefits of cross-training!

Here is an example of a cross-training week:

Aqua Class Monday – Personal Training Tuesday  
Track Wednesday – Yoga Thursday  
Free Weights Friday – Basketball Sunday



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*\*Free month starts in January on the enrollment date and ends 1/31/19*