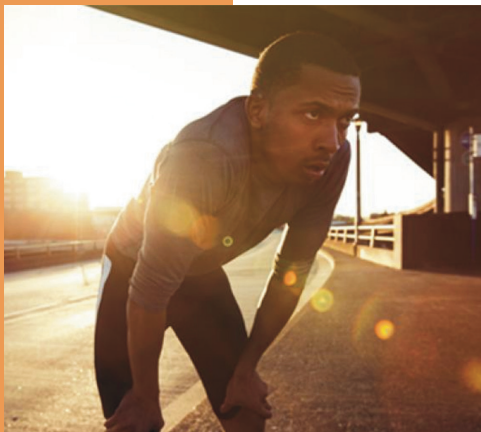




DIAMOND
FAMILY FITNESS CENTER 
at the

NEW SPECIAL PROGRAM OFFERING COMING IN JANUARY:

BURNOUT



PERFECT FOR ANYONE AND EVERYONE WHO WANTS TO BE CHALLENGED! FROM THE BEGINNER TO THE ADVANCED ATHLETE, THIS 3 LEVEL CLASS WILL FOCUS ON THE ENTIRE BODY AND WILL HELP BUILD STRENGTH, INCREASE METABOLISM, AND TONE THE BODY. YOU CAN EXPECT A VARIETY OF MOVES THAT VARY FROM CLASS-TO-CLASS, MAKING IT DIFFERENT FROM DAY-TO-DAY. TAUGHT BY A PERSONAL TRAINER AND USING A VARIETY OF EQUIPMENT.



**MONDAYS FROM 9:00-9:50 AM AND
THURSDAYS FROM 6:00-6:50 PM**
10 SESSION PACKAGE FOR \$150 OR \$20 DROP-IN
PAYMENT REQUIRED PRIOR TO THE START OF CLASS.

CONTACT KEVIN UJODHA, CPT, NETA
AT UJODHKM@MAIL.UC.EDU OR (419)-544-3676
FOR MORE INFORMATION.

KEVIN'S SPECIALTIES INCLUDE:

FUNCTIONAL FITNESS

WEIGHT LOSS

SPORTS PERFORMANCE

MUSCLE RECOVERY AND MOBILITY

STRENGTH/RESISTANCE TRAINING

CORE AND BALANCE TRAINING

BODY ACCELERATION/DECELERATION TRAINING

OVERALL FITNESS

SPECIAL
PROGRAMS