

F.B.I. Training Camp (Fierce...Bodies...Intense)

- When: Starts Saturday, February 21st, 1:00-3:30 p.m.
- How much: \$25 for members, \$35 for non-members
- What it includes: Nutrition briefing, basic training for abs, Wheels of Steel for Legs, and fully loaded Guns
- Conducted by: Hollie Steardt who is an IFBB fitness pro!!!!