

ROBERTO E. CLEMENTE
WALKER ANNEX
presents

CROSS DRILLS

**Monday, Wednesday,
and Thursday at 5 pm**

\$30 per month
12 classes

\$5 Drop-In Class

**Want to ramp up your exercise routine?
Then our Cross Drill class is just what you need!**

**You'll be using a variety of alternative exercise equipment, ranging from
HAMMER-STRENGTH DOUBLE BRIDGE, WEIGHTLIFTING PLATFORMS,
KETTLEBELLS, BATTLE ROPES, RX, KEVLAR BALLS, ROWERS, TORQUE
SLEDS, NON-MOTORIZED TREADMILLS, SKIERS, AIR BIKES, AND MORE.**

**Our Physical Fitness Trainers will provide instruction on how to
train efficiently, avoid injury and reach your goals!**

787-707-3281/3767

