

**ROBERTO E.
CLEMENTE WALKER
ANNEX**
presents

CROSS DRILLS

**Mo., Wed., & Fri.
5 pm**



\$30 per month



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 a hammer strength double Bridge, weightlifting platforms, Kettle bells, battle ropes, RX, Kevlar Balls, rowers, torque sled, non-motorized treadmills, skier, 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

