

# Kettle Bell/TRX Fusion



Join this Awesome program Combining  
two great fitness tools:

- This program is always changing to give your body the best outcome

- Learn Stability and control
- Improve your cardio
- Get fit and hot
  
- Tighten every muscle from head to toe

To be a part of this program contact [matt@trainingedge.ca](mailto:matt@trainingedge.ca) or call 416-722-7795. Summer special avail until July 25.