

Calling all Bandits Wrestlers!

FREE

TRIAL STRENGTH & CONDITIONING SESSION

Bandits
WRESTLING



**NOVA'S #1
VOTED GYM**

- ✓ Build strength & power
- ✓ Increase speed & explosiveness
- ✓ Eliminate fatigue
- ✓ Prevent injury

MONDAY - THURSDAY

AGES 8-10 **5:10-6:10 PM**

AGES 11-12 **6:20-7:20 PM**

AGES 13+ **7:30-8:30 PM**



**HALO FITNESS
EXPERIENCE**

10400 Premier Ct
Burke, VA 22015

Text "HYSC" to set
up your trial class

 **443-684-3332**

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EXPERIENCE