

**PROCARE PRESENTS:**



# **X Train**

## **WOMEN**

**12 Weeks!**  
**Monday 6 am**  
**Wednesday 5:30 am**  
**Friday 6 am**  
**August 31st thru**  
**November 20th**

**Limited to 10**  
**Ladies**  
**Cost for 12**  
**Weeks \$375**  
**Drop in's**  
**Welcome**  
**At \$15**  
**Per Session**

**PROCARE is offering a unique program to improve your fitness level by focusing on speed, power, agility, reaction and quickness. In addition to getting into great shape, you will learn how to workout while preventing injury, increasing your flexibility and balance!**

**PROCARE HEALTH & FITNESS**  
**Call Matt Davis to Sign Up 944-9412**

