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| |  | | --- | | Partner  Fitness Training  With Aric Cooke  Monday & Wednesday 5:30-6:30pm  If you enjoy working out with a partner or a friend then this is the class for you! Partner Fitness Training is a partner based performance and health improvement class in which all exercises are done with a partner. Instructor Aric will be leading the way with great exercises that vary in intensity in a go at your own pace mentality. The exercises are designed to allow the member to do the exercises at an intensity they can handle. | |  | |  |  | |  | |  | | --- | |  | |  | | Partner Based Training!  Work together to achieve your fitness goals!  Sign-up Today!  Lakeside Family Fitness  Downtown Location  39 State Street St.  Hart, MI 49420  231-873-3566 | |