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| PartnerFitness TrainingWith Aric CookeMonday & Wednesday 5:30-6:30pmIf 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. |
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| Partner Based Training!Work together to achieve your fitness goals!Sign-up Today!Lakeside Family FitnessDowntown Location39 State Street St.Hart, MI 49420231-873-3566 |

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