



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHRED TONE BUILD & GAIN

Fierce Elite
PORTAGE TOWNSHIP YMCA

Looking to take your workout to a whole new level or have you reached a plateau?

In partnership with Fierce Fitness Nutrition and instructed by Danielle Paetsch, this 6-week program is for the fierce, hardcore gym goer, who may not be seeing the results he or she wants. Participants can expect high intensity workouts meant to shred fat, provide full body tone, build-up cardiovascular endurance and gain muscle.

This program is not for the timid or someone just starting on their fitness journey. Maximum group size will be between 8-10 athletes and each participant will receive a protein shake meal post-workout to refuel.

FEES: \$72 Member or Non-Member per 6-weeks
Register for 2 sessions and save \$10!

WHEN: February 21 - March 28, 2018
Wednesdays, 6:30pm-7:30pm*
*Day of the week is subject to change to meet the needs of the group.

WHERE: Portage Township YMCA, Gymnasium
3100 Willowcreek Rd., Portage, IN 46368

REGISTER: Beginning February 1, 2018
Participants may register at Fierce Fitness Nutrition, located inside the Portage Township YMCA.

QUESTIONS? Contact Danielle Paetsch
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(E) daniellepaetschfitness@gmail.com



Fierce Fitness
NUTRITION