



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:** April 15 - May 26  
Wednesdays, 6:30pm-7:30pm OR 7:30pm-8:30pm\*  
\*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  
(P) 219 741 8675  
(E) [daniellepaetschfitness@gmail.com](mailto:daniellepaetschfitness@gmail.com)



**Fierce Fitness**  
NUTRITION



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