

ADULT STRENGTH & PERFORMANCE

BACK FOR 2020



ATHLETIC
PERFORMANCE
CENTER
OF EXETER HOSPITAL

The Art of Wellness

DON'T JUST WORKOUT! START TRAINING!

We are excited to announce that Adult Strength and Performance is **BACK!** If you're looking for a professionally guided workout program that get results, sign up now. Each 60 minute session focuses on whole body strength training, cardiovascular conditioning, injury prevention and fun/competitive challenges.

Register by Feb 28th.

**Mon and Wed 7-8pm
Starts this March**

\$15

Drop-ins

\$99

1 Month

\$189

2 Months