

# THE FITNESS FACTORY AB-SANITY

**Classes start April 3rd - as low as \$10/session**  
Mondays 6:15 PM - 6:45 PM

Fast-paced core circuit targets the **ABS, OBLIQUES, LOWER BACK**, and **STABILIZING MUSCLES**

Combination of cardio and ab/core exercises to  
**SHRED FAT** and **BUILD MUSCLE!**

Tighten and tone your core in a 30-minute ab sculpting interval routine, specifically designed to target the midsection. These exercises will provide what it takes to have a strong, balanced core

Each class includes a warm-up, cool-down and full body stretch.

Space is limited\*! Sign up today at [fitnessfactorynh.com](http://fitnessfactorynh.com)

401 Main Street / Unit #109  
Salem, NH  
(603) 458-2599  
[fitnessfactorynh.com](http://fitnessfactorynh.com)

*\*Limit of eight (8) clients per session.*

**FITNESS  
FACTORY**

