



THE FITNESS FACTORY ARM-SANITY

New workout every week

Wednesday 5:30 PM - 6:00 PM

Friday 6:00 PM - 6:30 PM

Fast-paced arm routine to work your
BICEPS, TRICEPS, and SHOULDERS

Combination of cardio and strength training to
BURN FAT and BUILD MUSCLE

Tone, tighten and strengthen your arms in a fast, efficient and effective 30-minute weekly workout.
The Arm-Sanity routine changes weekly to give your arms a constant challenge.

If you are looking to bring your arms to the next level, look no further -
Arm-Sanity is the class for you!

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

Space is limited*! Sign up today at fitnessfactorynh.com

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

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

**FITNESS
FACTORY**

