



**ST.CLOUD,MN**

## FREE Demo Classes

### Starting Monday, June 13th

<b>Monday</b>	<b>H.I.T.T. 8-830 am</b>	<b>Kickboxing 5-530 pm</b>	<b>Kettlebell 6-630 pm</b>
<b>Tuesday</b>	<b>Kickboxing 8-830 am</b>	<b>Kettlebell 5-530 pm</b>	<b>H.I.T.T. 6-630 pm</b>
<b>Wednesday</b>	<b>H.I.T.T. 8-830 am</b>	<b>Kickboxing 5-530 pm</b>	<b>Kettlebell 6-630 pm</b>
<b>Thursday</b>	<b>Kettlebell 8-830 am</b>	<b>H.I.T.T. 5-530 pm</b>	<b>Kickboxing 6-630 pm</b>
<b>Friday</b>	<b>Kettlebell 5-530 pm</b>		

The goal of Shred45 is to help you develop, grow, and improve; both physically and mentally through progression in kettlebell, kickboxing, and HIIT classes. (High Intensity Interval Training) Designed to achieve overall health and fitness, SHRED45 will get you in the best shape of your life. SHRED45 was developed with all fitness levels in mind. By offering a private studio, and multiple circuits, every client can work at their fitness level.

We are a group of certified personal trainers that care about helping people to become healthy. We strive to accomplish this by offering you the highest quality of innovative, enjoyable group training and fitness instruction in a fun, safe, and positive "family" environment.

Our Mission is to encourage individuals and families to lead healthier lifestyles, and to assist them in reaching their fitness-related goals.

**We strive to offer you the most enjoyable health and fitness program that you have been a part of.  
Change your body with SHRED45!**