



FIERCE SPIRIT FITNESS

A balanced approach to fitness. Multi-level classes for the whole person. Get fit, relieve stress, strengthen your body and mind. Strength training, flexibility, toning, cardio, endurance, core strength and meditation.

Join anytime during a session by purchasing a punch card.
Get the best deal if you sign up for unlimited workouts - full session prior to the start of the session.

First class always free.

FOR MORE INFORMATION, SCHEDULE AND PRICING

CONTACT JEN ADAMS AT

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Classes held at the Bessie Rowell Community Center