



The **Brick PAL** is
pleased to announce
a new partnership with
MATTIA FITNESS

**Coming to the Brick PAL
Starting February 1, 2012**

Wednesday & Friday Evenings from 6:00pm to 7:00pm
PAL Building - 60 Drum Point Road - Brick, NJ

The Mattia Fitness Boot Camp

Strength • Endurance • Weight Management

Program to Include:

Cardio/Fit Kickboxing & Cardio/Fit Boxing
Strength Training
Cardio Conditioning
Functional Athletic Training
Stability Training Classes

All Classes are like Personal Training Sessions
REAL WORKOUTS get REAL RESULTS!

Limited Time

Early Enrollment Special - 10 Classes for \$70

Police, Fire & Military Discounts Available

For More information:
Call the Brick PAL at (732) 477-0144
or Mattia Fitness at (732) 415-2122
Visit our website at www.brickpal.org