

#### Foundations For beginner levels of fitness. An introduction to our Afterburn workout.

## Afterburn

Maximize calorie burn & increase metabolic rate.

### Industrial Strength

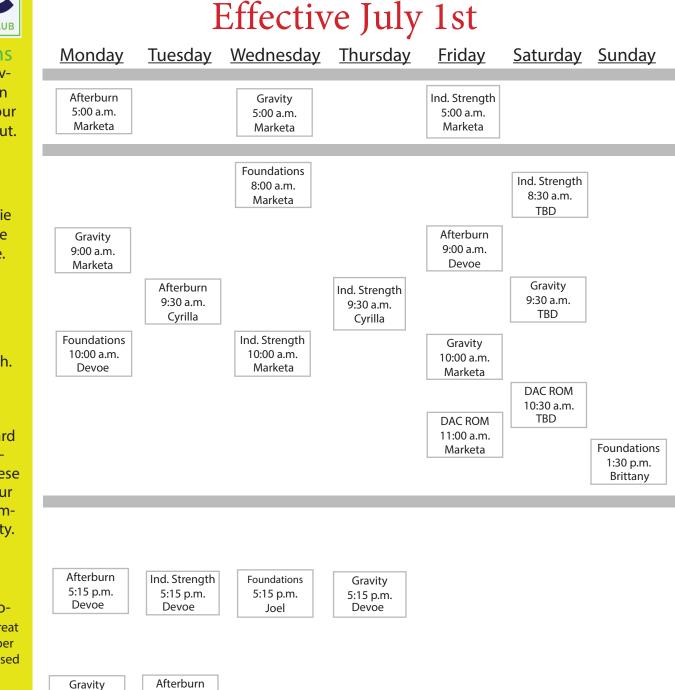
Focused on building strength.

# Gravity

Using a glideboard on a cable-andpulley system, these exercises use your body weight combined with gravity.

# DAC ROM

This range of motion session is a great combination of upper and lower body focused stretches.



**Team Training Program Schedule** 



**DAC Fitness Southaven** 

6:15 p.m.

Devoe

6:15 p.m.

Devoe

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