



MOJAVE FITNESS CENTER



celebrating 25 years
elevation
CORPORATE HEALTH EST. 1994



Virtual Specialty Class Plyometric Training

WEDNESDAY SEPT 9TH @12:15PM

WITH CERTIFIED PERSONAL TRAINER: SHAUN WOERNER

Join Strength Coach, Shaun Woerner in the unique & effective style of plyometric training. This high-impact training style will yield highly-targeted results on your tough-to-train muscle fibers giving you better speed, power and strength!

ALL FITNESS LEVELS ARE WELCOME!

NON MEMBERS WELCOME SEND US AN EMAIL TO JOIN!

Class will be held via Zoom
REGISTER IN THE PORTAL!



www.mojavefitness.com
[email:mojavefitness@contactelevation.com](mailto:mojavefitness@contactelevation.com)