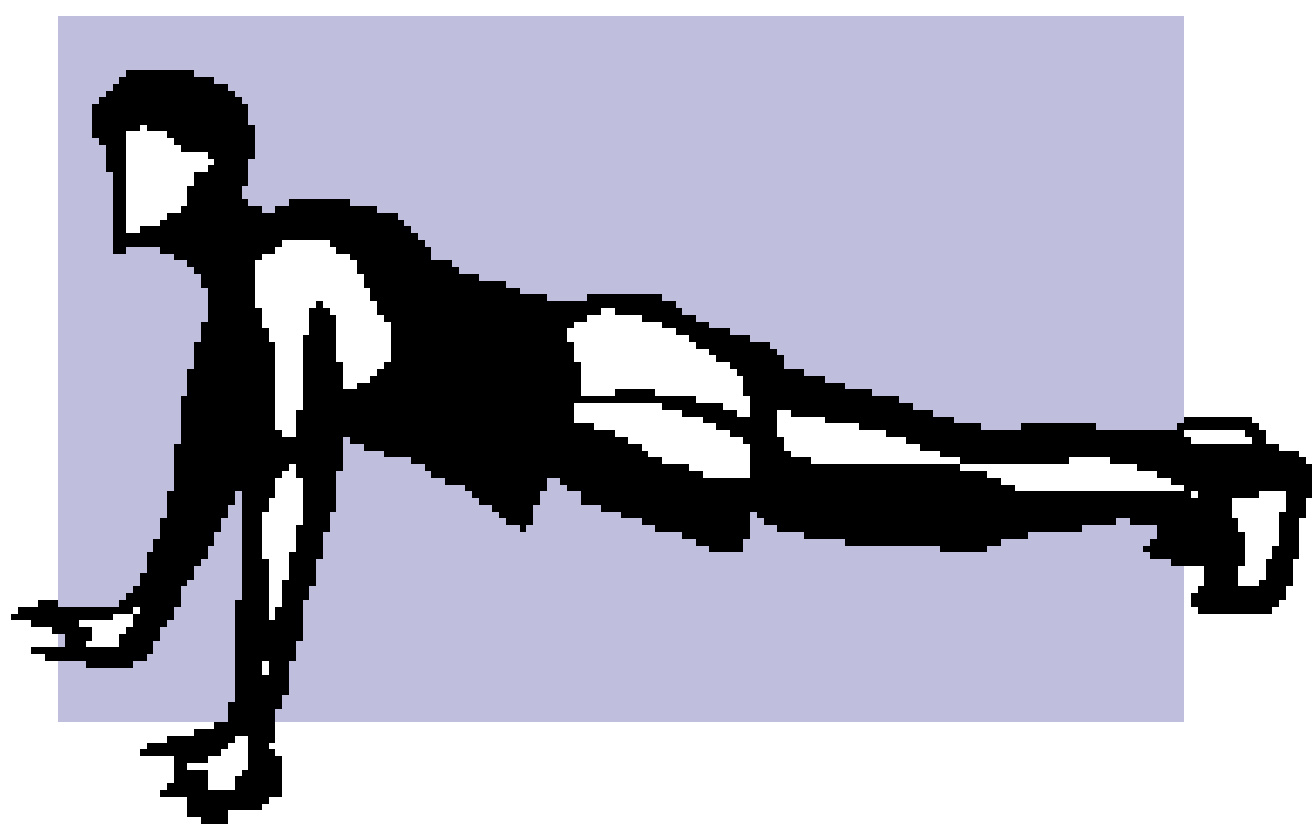


# Titan Fit Zone

## BODY BLAST

BODY BLAST

**The Class features a mixture of aerobic and resistance training for a full body workout in 30 minutes.**



Space is limited for class.  
Equipment is provided.

Contact Josh Luczak for  
more information  
313-993-3301