

MAX INTERVAL TRAINING

Shape your body and
get rapid results

MIT @ YEP!
MEMBERSHIP



Max Interval Training
Group Exercise
Target Heart Rate Drills

1x per week \$69.99

2x per week \$99.99

3x per week \$199.99

Join Now

6009 Hamilton Ave, 45224

www.yepfitness.com

info@yepfitness.com

FOR MORE INFO +513-761-9371

