

# CARDIO • COMBAT • CORE • STRENGTH

Scorch calories in this  
fusion based extravaganza!

**JOIN US EVERY FRIDAY**  
**10am - 11am • Drop-in \$15**



***First Class Friday January 17!***

Join Jeff for this **FUSION** of **cardio kickboxing** and body weight based, **strength conditioning** and standing **core** based work without every sitting down. **Kick, punch, plank, push** and lift your body in endless combinations, sequences, directions and planes that will **REV** your metabolism and promote a **LEAN, tall physique.**



**Join Jeff EVERY Friday 10am - 11am**

With 30 years experience in the fitness industry, Jeff is an award winning, international fitness professional & presenter. Jeff has been in over 20 fitness DVD's and is a Master Trainer of too many programs to mention.

Certifications include: ACE, ACSM, AFAA, NASM

Questions: [jefffitnesspro@comcast.net](mailto:jefffitnesspro@comcast.net)

**COME TO FIRST CLASS, Friday January 17 &  
enter the drawing for 1 month of free classes!**

**BodyVibe Studio**  
999 Andersen Drive, San Rafael  
Lots of free parking!  
[www.BodyVibeStudio.com](http://www.BodyVibeStudio.com)

**GET FIT WITH FITNESS PRO, JEFF MCMULLEN**