



Quad Cities All Fit

WWW.QCAIFFIT.COM

1611 5th Ave. Moline, IL

(309) 517-3165

Circuit Training

Core

Cross Training

Kettlebell

Kickboxing

Pound

Personal Training

TDF Cardio Kickboxing

TRX

Zumba Burst

COMING SOON...

Xco Latin Workout by

Jackie

OUR PHILOSOPHY

At QC All Fit we treat YOU as a personal client and each class as a personal training session. We specialize in motivating YOU according to your ability and personal needs. We are called to help YOU improve your life by increasing your overall strength, body awareness and functionality. We also believe that if it ain't a fun and inviting atmosphere then folks won't come. Because of this, we aim to keep YOU enjoying every day, every workout and every change YOU see with us.

PRICES

	MONTHLY	3 MONTH
1-2 Classes	\$49	\$124
3-4 Classes	\$59	\$149
Unlimited	\$69	\$174

Drop In \$10

Punch Card \$50

ASK ABOUT OUR

Ultimate

All Fit Package