



Start Your Fridays off **STRONG!**



STRONG Nation Workout on West Bay Beach Starting at 7:45 a.m.
(Across from the Elk's Club - 625 Bay St, Traverse City, MI 49684)

GRAB A YOGA MAT OR TOWEL & H2O BOTTLE!

LED BY CERTIFIED STRONG NATION INSTRUCTOR: ANGIE PIERCE

STRONG Nation® combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music specifically designed to match every single move.

Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more!

STRONGHEART CENTER

(231) 534-7457