



**All in One Fitness**  
**The Gym**

Your Neighborhood Health Club



Your Team Leader

Hailey Smith

Your Team Leader

Kyle Moore



## ***Calling All Teens—Join the Movement!***

All in One Fitness is teaming up with the Connect Academy at Albany High School! We are inviting youth from Albany, El Cerrito, and Berkeley to come join our new teen workout program here at All in One Fitness! The program will be taught by two students from the Connect Academy Program with the assistance of a certified personal trainer. You will be learning the joys of strengthening and toning your body through spinning, TRX (suspension training), cardio, weight machines, and boxing while discovering the importance of nutrition! Classes will start every Wednesday between the times of 3:30-4:30 from March 16<sup>th</sup> to April 6<sup>th</sup>. Promoting a healthy lifestyle in a healthy fun way is our number one goal. We know you will want to be part of it, so come on and Join the Movement!!

Location: 614 San Pablo  
Albany, CA.



### **All Fitness Levels Welcome!**

You have to check out this  
Cool gym—it is amazing.



4-Week Program!  
Meets 1XWeek on Wed.  
\$40 for entire program  
Enroll now! **(510) 524-1001**

