

CONTACTS:

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FITNESS & WELLNESS

MONARCH MEN FITNESS

January 28 -
March 4

Tuesdays, 6 - 7 p.m. at the UFC

Registration:

Register at the Pro Shop
Limited to 15 participants



Come join us for a Men's only program that will provide participants the opportunity to learn how to set personal fitness & wellness goals up for yourself! We will go over the components of a fitness program in detail and assist in providing the tools necessary to develop the skills to reach your personal goals!

For more information:

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