

WorkoutBandits

**Banding Together
to Stay Fit &
Healthy!**



**Get Fit & Healthy in
just 35 fun-filled minutes!**

- Everyone has **35 minutes a day** to invest in their health
- **ANY Age** can participate, even if you have limitations
- Experience **FAST, AMAZING** Results!

FULL-BODY Training to IMPROVE:

- | | |
|---------------|---------------|
| ✓ Flexibility | ✓ Muscle Tone |
| ✓ Balance | ✓ Reflexes |
| ✓ Strength | ✓ Endurance |

BONUS! Learn self-defense skills



**TRY IT
NOW!**

Bandit Visit Cards:

5 visits – \$40.00

10 visits – \$72.50



763-333-0333

ANDOVER · MN

WorkoutBandits.com
fit@workoutbandits.com