



ACTIVMOTION BAR™

WORKSHOP

Tuesday, June 28
12:20-12:50 pm

Move beyond your limits! Come learn how to utilize the newest and most exciting fitness tool in the industry. The **ActivMotion Bar** is composed of rolling steel weights that stimulate intense core activation. It is a challenging concept, but appropriate for all fitness levels and applicable to a wide variety of training. Leave with fresh exercise ideas and a great workout!

Signup required. Limited space! Act now!

<http://screenings.ltwell.com/Screenings/index.aspx>

Username: **GAO** Password: **screenings**



ROLLING
STEEL WEIGHTS

