

RAPID RESULTS FITNESS

IN. OUT. FIT.™



Rapid Results Fitness Battling Ropes Workshop

Do you think you are in great shape? Have you ever trained with a rope?

Would you believe a simple rope could whip you into the best shape of your life? It's true.

Come to Rapid Results for a two hour workshop and learn how a simple rope can become one of the most effective training tools you could ever use. Along with a kettlebell, of course! ;). Your instructors will be Betsy Collie and Tim Anderson, both RKC II Instructors and Battling Ropes Level II Coaches

What the Battling Ropes System can do for you

- Build a heart that can last the distance
- Develop the muscular strength and endurance of a mule
- Learn how to develop *and* sustain speed and power
- Build a lean, tone body while you burn fat and tons of calories
- Learn how to make training fun

When: Saturday, January 23rd 9:00 - 11:00 am

Where: Rapid Results Fitness

4125 Durham Chapel Hill Blvd

Durham, NC 27707



Cost: \$40 pre - registration, \$50 day of event.

To Register: Go to www.rapidresultsfitness.net Or call 919-403-8651