

INTRODUCING

QUEENAX™ DAYS

DURING COOPER QUEST WEEK

TUESDAY, FEBRUARY 13
THURSDAY, FEBRUARY 15

7-7:30 A.M. | 11-11:30 A.M | 7-7:30 P.M.

SGT STUDIO

Join us on the “playground”—our new Queenax™ equipment—and discover a new way to work out. A Professional Fitness Trainer will take you through a series of functional and suspended bodyweight training exercises incorporating:

- Strong ++™ resistance tubing
- 4D Pro® (bungee suspension)
- Superfunctional™ training bar
- UFO platform and more

REGISTER:

cooperfitnesscenter.com/CooperQuest
or on the CFC Member App

COOPER
QUEST
STEPS FOR A COOPERIZED LIFE