

# KICK START YOUR FITNESS WITH 20% OFF!



## ⚡ INTRODUCING KROC KICK START

Let us help you take the first step in your fitness journey. Kroc Kick Start is an easy way to lose those extra pounds, get in shape, and stay healthy. Led twice a week by a Kroc Personal Trainer, this program will ignite your fitness passion!

- WORKOUT IN A SMALL GROUP
- 2 SESSIONS PER WEEK FOR 8 WEEKS
- AFFORDABLE AND CONVENIENT
- MAKE FRIENDS



**HAVE QUESTIONS?**  
CALL: 619.269.1464

EMAIL: [TONY.GRIZZLE@USW.SALVATIONARMY.ORG](mailto:TONY.GRIZZLE@USW.SALVATIONARMY.ORG)

**DATES: JANUARY 28-MARCH 23**



6845 UNIVERSITY AVE, SAN DIEGO, CA 92115  
619.287.KROC (5762) | [SD.KROCCENTER.ORG](http://SD.KROCCENTER.ORG)



RAY & JOAN  
**KROC CENTER**  
SAN DIEGO, CA