

KICK START YOUR FITNESS IN THE NEW YEAR



⚡ 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

DATES: JANUARY 28-MARCH 23



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