

# LESMILLS GRIT™ SERIES

30 MINUTE HIGH INTENSITY TEAM TRAINING  
with Personal Trainer & Group Fitness Instructor  
**Adam Bramski**

Tuesdays & Thursdays  
8:30am-9:00am  
Studio 1

Call for next session start dates and pricing!  
**410-734-7300**



**GET SUPER FIT.  
SUPER FAST.**