

# CRUSH

Meet Nicole & Adam on the outdoor field for 90 minutes of the most intense conditioning...

**just in time for summer!**

Experience athletic conditioning that guarantees results.

**April 4-May 9**  
**Thursdays**  
**6:00-7:30pm**

**Members: \$150**  
**Non-Members: \$195**



**the**  
**Arena**  
club

2304 Churchville Road, Bel Air, MD 21015

410-734-7300

[www.thearenaclub.com](http://www.thearenaclub.com)