

NEW



GUNEX[®]

training system

High intensity functional training using resistance ropes to help build dynamic co-ordination of movement, stability and explosive power.



Resistance training that creates an after-burn effect for up to 48 hours after training stops giving great results.

An all over body workout with a difference

Crystal Leisure Centre

Wednesdays at 9.30am

Fridays at 8.30am

For more information or to book call **01384 812800**
or visit **www.dudley.gov.uk/sport**

