

**INTERESTED IN TONING
OR LOSING WEIGHT?**



**COME TO OUR SATURDAY
KETTLEBELL BOOTCAMP!**

Featuring instructor Akiia James, a certified Crossfit Kettlebell instructor and triathlete. Akiia writes weekly articles for Examiner.com's Raleigh health and fitness section. In addition to her passion for kettlebell and healthy living, she volunteers with Girls on the Run and serves on the advisory committee for UNC's Breast Cancer and Environment Research Program.

MBS Fitness, Inc.

5410 NC Highway 55 # S, Durham, NC 27713-7802
For an appointment or more information call: 919-423-7306

www.mbsfitness.org

We are conveniently located near Durham and Chapel Hill,
off Interstate 40 (exit 276), Hwy 55 Apex Exit South
in the Greenwood Commons Shopping Center.