



Hamilton's #1 Fitness and Boxing Studio



**10% discount to all
St. Joseph's Healthcare
Hamilton employees**

no excuse :: just results

no excuse
fitness and training

no excuse

fitness and training

41 King William St. Suite 207
289.439.4953
www.noexcusejustresults.com



:: Exec-u-fit Boxing Class ::

Lunchtime power hour; beat the afternoon slump with an energizing boxing style workout



:: Women's Boxer-cise Class ::

Work up a sweat, punch like a girl and get the lean look of a boxer



:: Tone & Sculpt and Abs Plus Classes ::

Join with friends, get in shape and have fun!

New Exciting
Classes Being
Added
Each Month

Personal
Training
And
Group Fitness
Training
Available

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visit the website for class schedule and for more information about our many services