

With Lisa Frey

FORZA 力



Join Us!

The word "Forza" is Italian for "strength" it was created by a woman named Ilaria Montagnani and is a workout based on authentic Japanese sword fighting sequences and movements. The workouts do not involve sword or body contact and are meant solely to give participants a heart pounding fun workout not train them in self defense.

**Bring Water
and a Towel
Wear regular
workout clothes
I provide the
Sword.**

**INTRODUCTORY
RATE: \$20.00
Cash only**

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The 40 inch long wooden bokken (sword) weighs about a pound and you will be shocked and amazed at how this workout will strengthen and shape your upper and lower body by continually lifting, striking and cutting with the sword as you perform footwork including squats and lunges. The average person will burn 400-600 calories per class .

Challenge Your Life...

Date

Wednesday June 16, 2010

SPACE IS LIMITED

RESERVATION REQUIRED

Time

9:30-10:30 am

Location

National Institute of Sport &
Fitness

216 Little Falls Road,
Unit 11 & 12

Cedar Grove, NJ 07009

About Lisa...

I'm a personal trainer and have been involved in the Group Fitness industry for approximately 17 years. I first learned about Forza in 2005 and I travelled to NY and became certified immediately! I fell in love with the challenge, effectiveness and the fun of it. I am currently one of the only active certified instructors in New Jersey.



