

# F45 Training at the Expo

## F45 Training – Booth #138



F45Traing will be in Booth #138 at the Colorado Springs Women's Expo With a Cause on Nov7-8, 2020

Join us at the Expo, Celebrate Women and Share the Fun!

THE F STANDS FOR FUNCTIONAL TRAINING, A MIX OF CIRCUIT AND HIIT STYLE WORKOUTS GEARED TOWARDS EVERYDAY MOVEMENT. 45 IS THE TOTAL AMOUNT OF TIME FOR SWEAT-DRIPPING, HEART-PUMPING FUN.

<https://f45training.com/coloradospringscentral>

<https://f45training.com/northgateco>