



ABOUT US:

ME&I Fitness and Performance is family forged through fitness. A one-of-a-kind workout center for people from all walks of life to connect and strive for better health through good times and positive energy. At ME&I Fitness and Performance we make it our mission to **M**otivate, **E**ducate and **I**nspire. Our motto is progress over perfection. We work to bring out the best in you through one-on-one and small group training sessions combining expert coaching with a welcoming and judgement free environment. Visit us at meandifp.com to learn more or schedule an info session to visit us in person.

CLASS DESCRIPTION:

Join ME&I Fitness and Performance and Coach Rico La' Mar (aka; Ill Silverback) and get sweatin' with a high energy workout that combines plyometrics, cardio and key movements of the "Sweat Science". Move to up tempo tunes while working through drills that include proper punching techniques, footwork, core development and head movement! See ya There!"