



8 WEEK PROGRAM

ZERO TO HERO

AT THE ORLANDO HEALTH NTC
1935 DON WICKHAM DR, CLERMONT, FL 34711

FEB. 8 - MAR. 31

WEDNESDAY AND FRIDAY 6:30PM - 7:30PM

FOR \$130.00

THE ZERO TO HERO PROGRAM IS A TRACK PROGRAM FOR ADULTS INTERESTED IN IMPROVING THEIR HEALTH AND FITNESS AND ACHIEVING THEIR GOALS. LED BY CERTIFIED COACH HEMANT HARIPRASHAD AT THE NATIONAL TRAINING CENTER.

INFO CHECK THIS LINK

WWW.NATIONALTRACKCLUB.COM/ADULT-PROGRAMS

