



**NEW STUDIO OPENING SOON**

## **F45** *WHAT IS F45?*

### **FUNCTIONAL HIIT**

F45 is specifically designed to provide a functional full-body workout while improving energy levels, metabolic rate, and endurance.

### **TEAM ENVIRONMENT**

Our team mentality helps team members transform their lifestyle physically and mentally while encouraging community growth and a no-ego attitude.

### **45 MINUTES**

F45 training is one of the most time-efficient ways of training. We aim to burn up for 750 calories per 45-minute session.


**📍 SWAMP TOWN**

**LOCK IN OUR  
LOWEST RATE EVER  
BEFORE OUR  
GRAND OPENING!**



SCAN HERE FOR MORE DETAILS

**📞 352-309-7401**

 @f45\_training\_swamp\_town

 @f45TrainingSwampTown

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 <https://f45training.com/swamptown/home>

**TEAM TRAINING. LIFE CHANGING.**

**INNOVATION. MOTIVATION. RESULTS.**



**SWEAT IT  
OUT(SIDE)  
WITH US**


**SWAMP TOWN**



**FREE OUTDOOR  
BOOTCAMP CLASSES**

**NEW STUDIO COMING SOON**

**STUDIO LOCATION:**

 **4871 Celebration Pointe Ave  
Suite 20  
Gainesville, Florida 32608**

**CALL FOR BOOTCAMP LOCATION:**

 **352-309-7401**  
 **swamptown@f45training.com**