

# LOCKETT WARRIOR

F I T N E S S

POWERED BY **DDPY**

Location:

**Klamath Dance and Exercise**

229 S 6th St,  
Klamath Falls, OR 97601

MONDAY	WEDNESDAY	FRIDAY
6:30 PM	6:00 PM	6:00 PM

\* **Classes start September 10th. Please come 15 minutes early to register.**

Fees:

**Group Classes:** \$40.00 month

**5 class Punch Card:** \$25.00

**10 Classes Punch Card:** \$50.00

**Drop in:** \$8.00

**FREE** introductory class.

Things to bring to the class:

Yoga mat, Towel, Water,  
Heart Rate monitor (optional)



**My name is Kevin, I am a Level 1 DDPY Instructor. I lost 90 pounds in 10 months with DDPY fitness system. It is a low to no impact cardio workout that can be modified for all ability levels. The primary goals of this program are to burn calories, increase flexibility, and improve core strength**

**Contact us:**  
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