



*Pop-Up Master Class!*

# STRONG NATION®

## Get STRONG with this Master Class!

Experience an exhilarating and empowering workout with the STRONG Nation® Master Class led by the highly skilled and motivated Master Trainer Ricardo Alas.

Get ready to sweat and strengthen your body with a dynamic blend of high-intensity cardio, plyometrics, and bodyweight training. Join the community of fitness enthusiasts, and let's move together towards a healthier and happier lifestyle.

## Saturday, February 17

10:30am–11:30am | Studio 1  
*Master Trainer Ricardo Alas*



**Hackensack Meridian**  
**Fitness & Wellness**

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