



Get yourself on the road to the best shape of your life, learn a new skill, loose some stress and have some fun!

BE A FITNESS CONTENDER!

Am I an ideal candidate?

You must be at least 18 years of age, in good general health and looking to commit to your growth.

Where do classes meet?

We're hard at work looking for new locations within Chicago now...

When are classes?

Once we know where we'll broadcast when, please call or email to receive our communications!

How is this good for me?

You'll increase your lean-mass, gain a solid cardio base, balance, coordination and agility. In addition it's a great stress relief and a lot of fun!

I have more questions...

Feel free to email us anytime at trainme@ebacfit.com, alternately you can call us at

312.607.5571

