

Sneak Preview!
Get started & Stay Ahead
of the Competition



Classes Forming!
As low as \$159 a month
if you sign up Now

Exercise, Nutrition & Motivational Strategies

Bi-Fit Ultimate Performance System

Will Create The
(**P.E.R.F.E.C.T.**) Powerful **E**xplosive **R**eliable **F**ocused **E**fficient **C**onfident **T**enacious
Athlete

Sessions Starting November 1st!

Workouts at 9AM and 6:30 PM

Adults

Lose Inches

Build Muscle

Increase Metabolism

Functional Strength

Student/Athletes

Power

Strength

Endurance

Agility/Vertical

Speed/Quickness

ABOUT "Bi-Fit"

- Extensive Cross Platform Research
- Bi-Fit has produced Gold Medal winners in USA, AAU & CUSA Sports Arenas
- Trained multiple NCAA D1 Volleyball Players & currently training future ones!
- Learn & Understand: "What to do, When to do, Why to do, How to do"
- Will Create the P.E.R.F.E.C.T. Athlete
- Ask about the "UFO" of Training
- Let DSC take your game to the next level & Be the FIRST on your team!

You'll want to bring a Notebook and Pen for this one

Please Call to RSVP

CALL 760-772-5175 ~ Space is limited!

38895 El Desierto Road, Palm Desert CA 92211 ~ 760-772-5175 ~ desert-sports.com