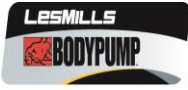









MIDLAND

(VILLAGE PLAZA – META DRIVE)
 #3 META DRIVE, MIDLAND TX 79701
 432-683-4654
www.heroescloud.com
www.heroesgymmidland.com

	<p>The original barbell class that strengthens your entire body. Great music, awesome instructors and your choice of weight to inspire you to get the results you came for - and fast!</p>
	<p>Using height-adjustable steps in this energizing class, you will push your fat-burning into high gear!</p>
	<p>A fiercely energetic program that is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.</p>
	<p>A combination of the latest Latin dance and fitness craze from Brazil. GUARANTEED to burn tons of calories! Take this workout to the dance floor with our enthusiastic instructors who are ready to push the limits and help you see results!!!</p>
	<p>Love to dance to hip-hop??? Street Beats is for you! Workout to the latest and greatest music with highly energetic and motivating instructors. A full hour of calorie burning, sweat dripping, fun!</p>
	<p>Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.</p>

CHILD CARE HOURS

MONDAY - FRIDAY 8am-12pm
 MONDAY - THURSDAY 4:30pm-8:30pm
 FRIDAY 4:30pm-7pm
 SATURDAY 8:30am-12pm

FACILITY HOURS OF OPERATION

Monday 4:45am 24 HOURS A DAY through
 Friday 10:00pm
 Saturday 8am-6pm
 Sunday 12pm-5pm