

Speed to Win Promo

Thanks to Brendan Jesus for putting together a promo for our sports training program Speed to Win.

If you live in or around the Central Pennsylvania area (we are located in Lycoming County) and you have any questions, give Fitness Factory a call at (570)-322-2348 (570-322-BFIT). Also check out <http://fitnessfactorygym.net/> for class info and directions! Enjoy, and stay fit!