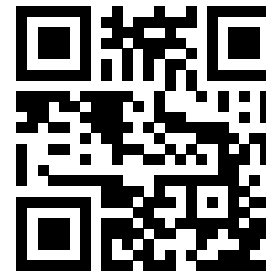


free-classifieds-usa.com

**Phone:**

<https://tinyurl.com/2n9bbtqt>

Address: "Pendulum Fitness 2041 E. Villa St Pasadena CA 91107", Pasadena, California, United States

Price: Check with seller

Description:

A group Crossfit Pasadena class that is a 45 minute coach-led class that is tailored to your fitness level and focuses on high-intensity interval workouts that are optimal for fat loss and improving general physical preparedness. We do this by utilizing body weight movement with conditioning equipment, dumbbells and kettle bells. We understand trying something new can be unnerving and intimidating, if you are intimidated by CrossFit or are working on learning the movements, this is the class for you.

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Contact: Pendulum Fitness
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