

Tony V's Total Self-Protection and Fitness

Due to popular demand, Tony Vanella has returned to IB Fitness with a new Sunday morning time slot. Classes available are as follows:

8am-9am - Group Class in Combat PT

9am- 10am – TSP Personal Training with Tony

10am-11am – TSP Personal Training with Tony

Combat PT- Group fitness class which combines basic self-protection movements with vigorous exercises designed to get you in fighting shape. Fitness with a punch.

Total Self-Protection – Puts the “Self” back into Self protection. Tony uses his 35 years of experience to create a Self-Protection System that is “Tailor Made” for you. You will learn the tactics, techniques, and mindset needed when faced with a criminal attack emergency. Limited slots available.