



SET GOALS, TAKE ACTION!

MARCH SMALL GROUP TRAINING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

With small group personal training, you will find support and accountability in working towards your goals. Working in small groups, limited to four people, you will receive a more individualized experience as well as make new friends! Check out our March small group offerings below!

INTRO TO TRX

MAR 1 – APRIL 9 (6 CLASSES) \$120

TIME: FRI 7-7:55AM OR TUES 1-1:55PM

Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. This performance tool leverages gravity and the users bodyweight to perform exercises for a full body workout. All levels welcome. Instructed by **David**.



INTRO TO WEIGHT TRAINING

MAR 1 – APRIL 7 (6 CLASSES) \$120

TIME: FRI 1-1:55PM OR SUN 12-12:55PM

Do you want to begin a strength training program, but don't know how to get started? Join the small group Intro to Weight Training! Let's demystify squats, chest presses, rows, flies, and lunges together. All levels welcome. Instructed by **Dale and Alison**.

TRX 2

MAR 6 – APRIL 10 (6 CLASSES) \$120

TIME: WED 1-1:55PM

Do you want to continue your TRX training? TRX experience required. Instructed by **Alison**.

WEIGHT TRAINING 2

MAR 6 – APRIL 10 (6 CLASSES) \$120

TIME: WED 7-7:55AM

Do you want to continue your weight training? Weight training experience required. Instructed by **Alison**.

