



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SET GOALS TAKE ACTION!

FALL SMALL GROUP TRAINING

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 Fall small group offerings below!

INTRO TO TRX

SEPT 6 – SEPT 27 (4 CLASSES) \$100

TIMES: FRI 7-7:55AM



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

SEPT 3 – SEPT 24 (4 CLASSES) \$100

TIME: TUE 1-1:55PM

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, flys, and lunges together. All levels welcome. Instructed by **Dale**.

SMALL GROUP WITH A PERSONAL TRAINER

SEPT 11 – SEPT 16 (4 CLASSES) \$100

TIME: WED 7-7:55AM OR MON 1-1:55 PM



Challenge your strength, balance, core, and cardio. This combines the expertise of a personal trainer with the energy and motivation you feel from working with a group. Class format will change week to week but members will learn how to maintain proper form and properly use equipment. Get ready to break a sweat! Instructed by **Alison**.