



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SET GOALS TAKE ACTION!

OCTOBER 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 October small group offerings below!

INTRO TO TRX

OCT 18 – NOV 8 (4 CLASSES) \$100

TIMES: FRI 1-1:55 PM

Instructed by Dale



NEW KETTLEBELL SMALL GROUP WITH NATASHA

OCT 2 – OCT 30 (5 CLASSES) \$125

TIME: WED 11-11:55 AM

Instructed by Natasha



SMALL GROUP WITH A PERSONAL TRAINER

OCT 14 – NOV 4 (4 CLASSES) \$100

TIME: MON 1-1:55 PM

OR

OCT 9 – OCT 30 (4 CLASSES) \$100

TIME: WED 7-7:55 AM

Instructed by Alison

