SET GOALS
TAKE ACTION!
MARCH 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 March small group offerings below!

SMALL GROUP WITH A PERSONAL TRAINER
MAR 8 – MAR 29 (4 CLASSES) $100
SUNDAYS 1:00PM–1:55PM
Challenge your strength, balance, core, and cardio in a 4 week small group training. Small group 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.

POSTURE AND MOBILITY
MAR 9 – MAR 30 (4 CLASSES) $100
TIME: MON 1–1:55PM
Improve your posture, mobility, and flexibility by learning and exploring exercises that target core musculature. This small group will incorporate props such as the foam roller, mini-ball, weights, and gliders. Instructed by Alison.

PILATES BODY
MAR 11 – APRIL 1 (4 CLASSES) $100
TIME: WED 1–1:55 PM
A Pilates focus around the joints: one of the biggest benefits of Pilates is the increase in flexibility and strength to muscles around the joints. Pilates can also help relieve pressure and pain in these vulnerable spots. In these 4 sessions, we will work specifically with feet/ankles, knees, hips & shoulders along with stabilizing the abs and spine for posture. Instructed by Starr.