

Athletic Conditioning



&



TRX®

suspension training

**Coming
In
October**

Saturdays

8am - 9:00

40 min Athletic Conditioning & 20 min of TRX Suspension Training This class will challenge your body in so many ways, Strength, flexibility, coordination, balance, endurance and much more. Meet in the Pilates studio

Oct 2: Jean

Oct 9: Christopher

Oct 16 : Linda

Oct 23: Jean

Oct 30: Christopher

\$ 15.00 / person

Sign-Up @ the Front Desk

Bring

a

friend!



*fitness and
wellness center*

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