

BODYWEIGHT CONDITIONING CLASS

DON'T MISS THIS AWESOME CLASS!

This class is for people who want to work with a Certified Personal Trainer in a small group setting.

The class will consist of bodyweight movements like squats, pushups, burpees, boxing, running, etc. to give you a dynamic & effective workout!

Mondays, Wednesdays & Fridays

9:00-9:45 am

(12 classes)

FEE: \$80 Dist/\$100 N-Dist

CLASS NUMBER: 419

Please register online at trailsrecreationcenter.org or

At The Trails Front Desk.

