

SPACE
LIMITED

BODYWEIGHT CONDITIONING

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

5:15-6:00 pm

(12 classes)

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

Class Number: 453

Please register online at

trailsrecreationcenter.org or



Special 10% OFF
August class!!

