

STRENGTH CIRCUIT

with Chad Leland

This small group class is focused on helping you get & stay strong and fit!

With the guidance of a Personal Trainer, you will use a variety of free weights, machines, body weight to challenge all of your muscles. Your strength work will be mixed with cardio bursts to torch body fat & get you stronger & more fit than you ever thought was possible.

Tuesdays & Thursdays

7:30-8:30 pm

Fee: \$68 Dist/\$88 N-Dist

Class Number: 438



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