

Strong Girls

12 yrs & up

This is an excellent opportunity for teen girls to workout with a female Certified Personal Trainer in a small group setting.

We will achieve a balance of fitness & wellness including strength, cardio, flexibility, nutrition, & empowerment for young girls. This class will inspire everyone to find their personal best regardless of fitness level.

***Holiday Break
Session***
(4 classes)

Tues/Thurs
Dec 27th, 29th &
Jan 3rd, 5th
11:00^{am}-12:00^{pm}

\$36-45

Registration Required by
Dec 22nd



trailsrecreationcenter.org

The
Trails
Recreation Center

Arapahoe
Park & Recreation
District