

TOTAL BODY CONDITIONING

This NEW small group training is guided by one of our Personal Trainers & guaranteed to give you a complete full-body workout.

There will be tons of variety using weights, bands, balls, machines & more to challenge all of your muscles. Cardio bursts, core work & stretching will round out this awesome class for a thorough head to toe conditioning!

Wednesdays

11:15am-12:15 pm

Class#: 450

Fee: \$42 Dist/\$56N-Dist

Class Size is Limited!

