

New!

Strong Girls

(13 years & up)



This is an excellent opportunity for teenage 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, and empowerment for young girls. Inspiring everyone to find their best regardless of fitness level while having fun doing it.

Thursdays 4:15-5:15 pm
(4 classes per month)

Fee: \$45 Dist/\$56 Non-Dist

Class Number: 440

(The May session will run from May 9th-May 30th)

Class Size
Limited



trailsrecreationcenter.org

