

Power Hour

Small Group Fitness Class

This total body conditioning class, taught by one of our Certified Personal Trainers, incorporates cardio, strength, & core work to tone & define every muscle in your body.

The dynamic intermediate format is guaranteed to be fun, energetic, and empowering.

You won't want to miss it!

Wednesdays 6-7 pm (4 classes)

\$44.80 District/\$56.00 Non-District



trailsrecreationcenter.org

The Trails
Recreation Center

Arapahoe
Park & Recreation
District