



TOTAL BODY BLAST

**FRIDAYS
11-11:45AM**

A circuit style weight lifting class that utilizes free weights to improve whole body mobility, stability, strength and endurance. Each week will highlight a different category to break down these functional concepts.

\$48 | 8 WEEK SESSION

Registration: Now - December 29

Session: January 10 - February 28

SCAN THE QR CODE
TO REGISTER ONLINE!

