



# TOTAL BODY BLAST

**TUESDAYS  
6-7AM**

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 7 - February 25**

SCAN THE QR CODE  
TO REGISTER ONLINE!

