



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.

\$20 | 4 WEEK SESSION

Registration: Now-November 10

Session: November 19-December 17
(No class November 26)

SCAN THE QR CODE
TO REGISTER ONLINE!

