



STRENGTH & BODY CIRCUIT

MONDAY & WEDNESDAYS | 6-7PM

FREE TO MEMBERS / \$36 NON-MEMBERS
(COST PER 6-WEEK SESSION FOR EACH WEEKDAY SESSIONS REGISTERED)

*TOTAL BODY WORKOUTS FOCUSING ON BUILDING
CORE STRENGTH, STABILITY, BALANCE,
COORDINATION, & POSTURE.*

INSTRUCTOR: ALISA WADE