

ADVANCED CLASS

MONTH OF JUNE - MONDAYS - 6:45PM TO 7:30PM

COST: \$5.00/CLASS FOR MEMBERS; \$10.00/CLASS FOR NON-MEMBERS

WE ARE THRILLED TO BE OFFERING A WEEKLY ADVANCED SESSION FOR THOSE OF YOU WHO ARE LOOKING FOR A HIGHTER INTENSITY CHALLENGE.

WE WILL OFFER WORKOUTS THAT INCLUDE MORE COMPLEX MOVEMENTS, OPPORTUNITIES TO INCREASE STRENGTH AND CARDIOVASCULAR ENDURANCE, AS WELL AS SPECIALIZED CLASSES WITH MORE ADVANCED TRX STRAPS/JUNGLE GYM XT AND BATTLE ROPES MOTIONS.

CLASSES WILL LAST FOR APPROXIMATELY 45 MINUTES. THIS IS A GREAT OPPORTUNITY TO REALLY MIX IT UP AND KEEP THAT BODY GUESSING.



INSPIRE . TRAIN . EMPOWER .