

SMALL GROUP TRAINING

With Randi Krueger

Cost: \$110/8 Sessions

Limit 4 people

Tues/Thurs 11:30am-12:30pm

Mon/Wed 5:30pm-6:30 pm

Sign Up at the Front Desk



Spring Fitness Blast

Tone UP & Lose Weight in this small group training program that utilizes TRX, Kettle Bells, Battling Ropes, Pilates & more.