



Small Group Training

4-week series, meets two times per week

Small Group Training is a cardio and total-body strength class using a variety of equipment. This medium-to-high intensity class will improve your strength, cardiovascular health and core strength.

Day/Time:

Date: August 8 - September 1

Location: Fitness Floor

Cost: \$69

Classes have a maximum of 8 participants.

For more information, please visit the Member Services desk or call (515) 226-9622.