



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:

Monday/Wednesday	6:00 - 7:00am	Alec
Monday/Wednesday	12:00 - 1:00pm	Sydney
Monday/Wednesday	5:30 - 6:30pm	Sydney
Tuesday/Thursday	9:00 - 10:00am	Lesa/DaShawn

Date: September 12 - October 3

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.