

Small Group Training



Small Group Training is 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. Class meets twice per week. Join any time by purchasing a punch card at the Member Services desk.

Punch cards are valid for 60 days from date of purchase. Maximum 8 participants per class.

Days	Times	Instructor
Monday/Wednesday	6 – 7 a.m.	Alec
Monday/Wednesday	5:30 – 6:30 p.m.	Sydney
Tuesday/Thursday	9 – 10 a.m.	Katie

Location: Fitness Floor

Cost: \$89, 10-class punch card

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