

Open Circuit Workout

Starting on September 10, 2018

**Monday's from 10:15 am to 12:30 pm &
Saturday's from 9:30 am to 11:30 am**



Meet one on one with a Personal Trainer and set up your own personalized goals, then track your progress using your own personal workout sheet. Using a variety of equipment, this class will include multiple stations like: Cardio training, strength, mobility, flexibility & balance exercises, all adapted to your own ability.

Drop in fee: \$1 per class

No registration necessary, come and go as you like

*Membership required