

Power 30 for Under 30

Great for anyone under 30 years of age

This is a great opportunity to learn how to workout more effectively, using all the equipment at the club. This class will teach you how to get into routines that will effectively work all your body parts and help you achieve the results you want.

Learn how to Train like the Personal Trainers Train

6 Week Classes

Days: Thursdays 2:00 – 3:00pm (7/22, 7/29, 8/5, 8/12, 8/19, 8/26)

- or -

Saturdays 11:00am – Noon (7/24, 7/31, 8/7, 8/9, 8/16, 8/23)

Cost: All six classes for only \$90 plus tax

Or \$18 plus tax per class

- Class size is limited, sign-ups will be taken on a first come basis
- Learn how to do specific exercises for specific body parts
- All participants must be:
 - Injury free or cleared by the training staff
 - Have a strong desire to learn
 - Must eat 1-2 hrs before each class