



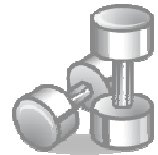
Body Sculpting



You will be guided through total body strength workouts using free weights, resistance bands, and natural body resistance. Strength training increases your body's lean muscle mass so you will burn more calories, even at rest!
(Weights and bands are provided)



Monday & Wednesday
9:15 – 10:15am



Fees:

Bring your class card or \$13/class

There are two choices to pay for classes. You may either pay the per class/drop-in fee of \$13 or purchase one of our class cards. Class Cards are in 10 (\$100) or 20 (\$180) classes. The class card can be used for all adult classes. Class Cards can be purchased in the athletic or front office. If you have any questions please speak with the Athletic Director or one of our instructors.