



Beginners

RESISTANCE TRAINING

Program



Program Led by
Personal Trainer
Patrick Baum

Limited to 6 people
Group atmosphere with
individualized attention!



REGISTER NOW

*It's never too late to get fit! Start
your strength training journey NOW!*

7/14 - 8/18 | 6 weeks long

M/W/F | 11 AM - 12 PM

Cost: \$180 for Members | Only \$10 per class
\$220 for Non-Members | Only \$12 per class

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