

FOCUSED STRENGTH

**SMALL GROUP TRAINING
WITH ROSE**

**WEDNESDAYS
AT 11:00AM**

**45 MINUTE WORKOUT FOCUSING ON
SPECIFIC BODY PARTS.**

LEARN HOW TO TARGET:

GLUTES

CORE

SHOULDERS

CHEST

TRICEPS

AND MORE!

MEMBERS: \$20
NON-MEMBERS: \$45

MEET IN NEW GROUP TRAINING AREA

For more info and to sign up contact Rose at:
text or call 707-787-7067