

TOTAL STRENGTH

**SMALL GROUP TRAINING
WITH TRISTA**

TUESDAYS AT 10:00AM

**JOIN US FOR A 45 MINUTE TOTAL BODY
STRENGTH WORKOUT. ALL LEVELS WELCOME!**

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

**HIT EVERY BODY
PART BY USING:**

TRX

BARBELLS

CABLES

DUMBBELLS

AND MORE!



MEET IN NEW GROUP TRAINING AREA

For more info and to sign up contact Trista at:
707-291-9287 or trista.marie642@gmail.com