

WOMEN OVER 40

SMALL GROUP TRAINING

WITH SARAH DUNLAP



This small group training class was created specifically for women over 40. Get ready to reclaim your MOJO with scientifically proven strategies tailored to your needs. Over 8 weeks, you'll tackle common challenges like stubborn belly fat, workout plateaus, bone density concerns, joint pain, brain fog, hot flashes, low energy, and sleep issues. Let's jump-start your journey to thriving again!

8 WEEK PROGRAM INCLUDES:

- 60 minute workouts
- Nutrition guidance
- 3 InBody scans
- Online training plan for the other days of the week
- Option to customize online coaching for additional fee

TUESDAYS & THURSDAYS

11:00AM - 12:00PM

LOCATED IN THE GPT STUDIO

SESSION 1:

SEPTEMBER 3RD - OCTOBER 24TH

SESSION 2:

OCTOBER 29TH - DECEMBER 19TH

\$599 PER 8 WEEK SESSION

RESERVE YOUR SPOT TODAY!

Contact Sarah Dunlap for more info
or to sign up: 916.770.7939 or
Sarahd@airportclub.com