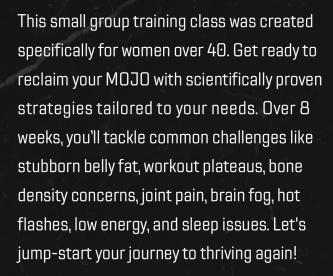
INCINE OVER 40

SMALL GROUP TRAINING

WITH SARAH DUNLAP



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