

TOTAL STRENGTH

SMALL GROUP TRAINING WITH TRISTA

This dynamic 45-minute total body workout is designed to build strength and boost endurance while utilizing a variety of equipment like TRX, Cables, and Dumbbells. Experience the power of personalized training in a supportive small group setting. All levels are welcome!

MONDAYS | 4:30PM

TUESDAYS | 10:00AM

FRIDAYS | 10:00AM

Located in our GPT Studio.

\$20 PER SESSION!

CONTACT TRISTA TO REGISTER:

707.291.9287 or tristap@airportclub.com

