

# BUTTS & GUTS

**Small Group Training**

*Starting October 31st*  
**WITH TRISTA**

*This dynamic 30-minute workout focuses exclusively on strengthening your abs and glutes. Experience a variety of exercises designed to sculpt and tone these key areas, improve your core stability, and enhance overall fitness. Perfect for all levels, this class offers personalized attention in a fun, supportive environment. Get ready to transform and feel great!*

**THURSDAYS**  
**10:00 – 10:30AM**

*GPT rates apply.*

**JOIN TODAY!**

**Contact Trista Park to sign up:**  
707.291.9287 or [tristap@airportclub.com](mailto:tristap@airportclub.com)

