

Fit 3D

STRENGTH • MOBILITY • BALANCE

WITH PAUL BOZZO

This small group training class is designed using science-backed programming to maximize total body strength, mobility and balance.



Benefits:

- Build total body functional strength
- Improve agility, balance & coordination
- Increase range of motion & fluidity of movement
 - Eight-week cycles keep your body challenged
- Strengthen your core & back for better stability

ALL FITNESS LEVELS WELCOME!

TUESDAYS

4:30 - 5:30PM

GPT RATES APPLY.



CONTACT PAUL BOZZO CPT-NCSF TO SIGN UP:
PAULB@AIRPORTCLUB.COM OR 707.696.0508

