

★ HOLIDAY BOOTCAMP ★

with Trista Park



8 weeks for
\$300

★ November 2nd - December 21st ★

Avoid holiday weight gain and head into the new year feeling great!

This program will include 2 InBody scans, at the beginning and end, to track your progress.

You will be provided with daily workouts to do on your own, and a nutrition program.

There will be no makeup workouts for missed classes.

SATURDAYS
8:45am - 9:45am

Contact Trista Park for more info or to sign up: 707.291.9287 or tristap@airportclub.com