



**\$440**

**FOR 9 WEEKS**

# ROCK THE HOLIDAYS

SMALL GROUP TRAINING WITH SARAH DUNLAP

IF YOU NEED MOTIVATION AND ACCOUNTABILITY TO EXERCISE  
OVER THE HOLIDAYS, THIS GROUP IS FOR YOU!

Each workout is a combo of strength and metabolic conditioning, the perfect  
combo for lasting strength gains and fat loss. Sarah will provide nutrition tips  
and tricks to help you navigate holiday social events.

**OCTOBER 29TH - DECEMBER 19TH**

**Tuesdays & Thursdays • 11:00am - 12:00pm**

*OVER THESE 9 WEEKS YOU'LL RECEIVE 16 WORKOUTS & TWO INBODY SCANS!*

Contact Sarah Dunlap for more info or to sign up: 916.770.7939 or [sarahd@airportclub.com](mailto:sarahd@airportclub.com)