

**SMALL GROUP TRAINING**

# ***SATURDAY STRENGTH***

**WITH SARAH DUNLAP**

***Saturdays***

**11:00am -12:00pm**

*Meet in the GPT Studio*



This 1 hour full-body workout blends strength, conditioning, and mobility using barbells, dumbbells, kettlebells, and more! You'll build serious strength while pushing your limits with high-intensity intervals (HIIT) for maximum fat burning. Get stronger, leaner, and more flexible—all in one class!

***\$25 PER CLASS.***

***PLEASE SIGN UP WITH TRAINER PRIOR TO EACH SESSION.***

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