

BUTTS & GUTS

Small Group Training

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!

WEDNESDAYS

11:00 – 11:30AM

Group Personal Training rates apply.

JOIN TODAY!

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

