

STRENGTH BLEND

SMALL GROUP TRAINING

WITH LISA FULLER

THIS 45 MINUTE TRAINING FOCUSES ON BUILDING FULL BODY STRENGTH WITH A BLEND OF CARDIO, STRENGTH AND CORE MOVEMENTS. YOU WILL UTILIZE TRX, KETTLEBELLS, BOSU'S, BATTLE ROPES, & MORE!

Tuesdays
10:00 - 10:45am

GROUP PERSONAL TRAINING RATES APPLY.

Contact Lisa to sign up:
lisaf@airportclub.com

