

**STARTING  
MARCH 11<sup>th</sup>**



**GROUP PERSONAL TRAINING WITH SARAH DUNLAP**

# **LIFT HEAVY + HIIT**

**Tuesdays and/or Thursdays  
11:00am - 12:00pm**

**» GPT RATES APPLY. «**

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!

Contact Sarah Dunlap to sign up: 916.770.7939 | [sarahd@airportclub.com](mailto:sarahd@airportclub.com)