



GROUP PERSONAL TRAINING WITH PAULA SANDOVAL

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 Paula to sign up: 707.800.5317 | paulas@airportclub.com