

# TOTAL STRENGTH

SMALL GROUP TRAINING WITH TRISTA

This dynamic 45-minute total body workout is designed to build strength and boost endurance while utilizing a variety of equipment like TRX, Cables, and Dumbbells. Experience the power of personalized training in a supportive small group setting. All levels are welcome!

**MONDAYS | 10:00AM**

**TUESDAYS | 9:00AM**

**FRIDAYS | 10:00AM**

Located in our GPT Studio.

**\$20 PER SESSION!**

CONTACT TRISTA TO REGISTER:

707.291.9287 or [tristap@airportclub.com](mailto:tristap@airportclub.com)

