



**GROUP PERSONAL TRAINING WITH TRISTA LEWIS**

# **LIFT HEAVY** **+ HIIT**

**TUESDAYS**

**11:00am - 12:00pm**

**THURSDAYS**

**11:15am - 12:00pm**

**» GPT RATES APPLY. «**

This 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 Trista to sign up: 707.291.9287 | [tristap@airportclub.com](mailto:tristap@airportclub.com)