

DEEP CORE EXPRESS

GROUP TRAINING WITH RENEE MIRON

Deep Core Express is a 30-minute group personal training session that provides the expert, one on one attention you need to ensure proper form and progression. The workouts emphasize mastering bodyweight movements alongside the use of diverse modalities like kettlebells, dumbbells, resistance bands, and gliders to challenge stability. By zeroing in on your deep intrinsic stabilizers, the program builds a rock-solid anatomical foundation that protects your back and unlocks powerful, seamless movement in everyday life.



Renee Miron, NASM-CPT

THURSDAYS

9:15 - 9:45am

Gpt Rates Apply.

Contact Renee Miron to sign-up: 707.490.8097 or reneem@airportclub.com