



*Now Offers Group Classes!*

# TOTAL POWER

Designed with the results-orientation of a personal training program, Total Power is a small group training class that utilizes functional training, dynamic flexibility, core strength and plyometrics for an intense, total body workout in just 45 minutes!

**Tuesday @ 9:30am & Thursday @ 4:15pm**

## *Class info....*

- The small group environment (3-5 people) motivates and stimulates
- Functional training forces muscle groups to cooperate, increasing metabolism.
- Plyometrics are proven to vastly increase athleticism
- Dynamic movements and unique exercise tools make workouts fun!
- All movements can and will be modified for all fitness levels.
- This class is for members with over all good health. (no major medical or joint issues)
- Lead and created by, NCSF Certified Personal Trainer, Shayne Smith.

<p>Individual Class- \$ 12          10 Classes- \$ 100 (\$ 10 /class)          20 Classes- \$ 180 (\$ 9/class)</p>
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**Total Power is THE total body experience.**

*See the front desk for more information!*

