



Small Group Personal Training

Tess has programs that are fun and energetic in a small group, allowing that personal attention you need to get a **FRESH** routine. Gain Strength, improve overall fitness, become faster, leaner and healthier.

Every Monday and Wednesday in April!

Rise & Grind 6am-7am

Boot Camp 101 7am-8am

Member: \$96 / Non-Member \$106

www.altacanyonsportscenter.com

