

BUTT BLASTER



Break out of your plateau and push past your boundaries to reach your goals

- * **Tone, Slenderize, & Strengthen your lower body**
- * **Focus on glutes, thighs and core**
- * **Taught by a Certified Personal Trainer**
- * **Each week get motivated and closer to your goal!**

**NEW 4 week
Mini-Session!**

Mini Session:

Sundays 11:45-12:15pm Meets 9/5, 9/12, 9/14 & 9/26
Tuesdays 7:45-8:15pm, Meets: 9/7, 9/14, 9/21 & 9/28
Thursdays 12:15-12:45pm, Meets: 9/9, 9/16, 9/23 & 9/30
Meets once a week for 4 weeks

Cost: Member: \$25
Nonmember: \$35
Drop in Fee: Member \$8
Nonmember \$12

Taught by
PRO Trainer,
Renee Brown.
New classes Weekly.



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