

**JUST FOR
WOMEN**

**Hey Ladies-
Rev up your workout
and report to**

BASIC TRAINING



**January 24th - March 15th
Tuesdays & Thursdays 1-2 p.m.**

**BALANCE
AEROBIC
STRENGTH
INTERVAL
CONDITIONING**



**BASIC Training is a circuit training program
designed to give you a total body workout**

**The plan incorporates a warm-up, strength and cardio stations,
stretching, and the use of strength equipment (Cybex circuits, free
weights, and exercise balls)**

**Best of all, classes take place in the Island Oasis Room,
our women's only workout area**

**Email BasicTrainingClass@gmail.com or
speak to a front desk associate for more details**

**Deadline for registration is
Thursday, January 19th**

**Members only
\$139 for 8 weeks**



**Feel more confident
on the gym floor**