

Are you looking to get lean, toned, and fit? Transform your whole body using a combination of weights and high intensity interval training (HIIT). Each class is a total body workout with a focus on form, progression, and muscle development to take you to the next level.

TRANSFORM



MONDAY-WEDNESDAY-FRIDAY
6:00-6:50PM



CHICO *Sports* CLUB
HEALTH & FITNESS

2x/week for \$75/month
3x/week for \$100/month
TRY YOUR FIRST CLASS FREE!