

POW BODYSHAPING



with Jenny **POW**elka

Pow Body-Shaping is a high intensity small group class designed to push all ability levels. Do 5-10 min cardio bursts with 5-10 min strength/core work in between. Shape up and get the best of both worlds - all while having fun!

\$10/session

\$90/10 sessions

Attend 15 sessions, get 2 FREE!

Contact Jenny to set up a group time that works for you!

Please pay at the front desk and bring your ticket to class. Meet in the stretch area.

JENNY POWELKA

ACSM Certified Health Fitness Specialist
NSCA Certified Personal Trainer
Pilates and Cycling - Group Fitness Instructor
319.389.5536 or 970.225.0140
jennyp@raintreeathleticclub.com