

TNT

TEENS N TRAINING



TNT is a training program specifically designed for teens. Our personal trainers will lead you through a fun and challenging workout to tone and strengthen your body, including your core muscles!

TUESDAY	4:00 - 4:30PM	STRENGTH TRAINING
THURSDAY	4:00 - 4:30PM	CORE TRAINING

FREE for RAC Members | \$5/Non-Members

LAUNCHING Saturday, October 8th!
Class Starts October 11th!

