

High School Fitness Program at the CRA

This program is designed to increase cardio, strength, flexibility, and stability and balance. Programs will be geared towards your sport or personal goals. Structured classes will be held 2 days a week and will take place in the Fitness Center or the Exercise Studio.

FULL USE OF THE FACILITY INCLUDING: THE FITNESS CENTER, ALL GROUP EXERCISE CLASSES AND THE POOL.

3 MONTHS FOR \$75.00
January, February and March!!
Mondays and Wednesdays
7-8pm
Sign up by December 13th



You do not have to be a member to participate!!! Must be 14 or older.
You will be working with a certified trainer or coach on strength and stability.
Regimens will be made for each one of you suited to meet your needs and goals.
Please call Tammy at the CRA with any further questions at 684-0260 ext. 16.