

Personal Trainer Sarah Roskilly

Foundations of Fitness

4 week program designed to:

- Explore the benefits of cardio & resistance training
- Build knowledge of circuit and free weight equipment
- Help you learn safe and effective exercise techniques
- Increase flexibility with proper stretching
- Determine the intensity needed to improve your health
- Connect, build friendships, & support networks with like minded members

Program Fee
\$100

60 minute session/ One day per week
4 weeks
4:1 Client trainer ratio

Register at the front desk or Online
www.granitefallsclub.com

**NEW SESSIONS START ON
MARCH 27TH!
REGISTRATION OPEN NOW :)**

Two groups available:

Mondays @ 9:30AM

Or

Tuesdays @ 5:00PM

GRANITE FALLS
SWIM AND ATHLETIC CLUB

