

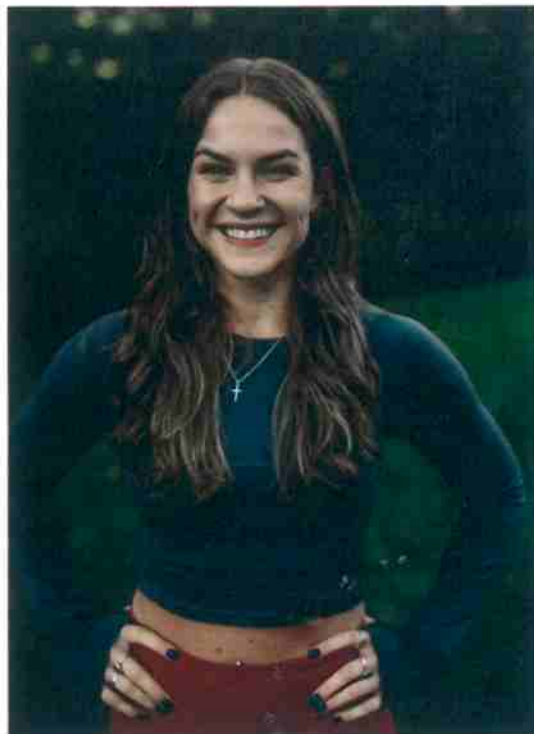
NEW Workout Classes Available!

Hi, my name is Chelsea and I am a **NASM** (National Academy of Sports Medicine) **Certified Personal Trainer**.

With a background in collegiate sports, marathon training, and years of fitness experience alongside my education, I know firsthand the dedication it takes to reach your goals.

My approach is all about connection and motivation. I believe fitness is not just a routine; *it's a lifestyle*. Whether you're a seasoned athlete or just starting to workout, I'm here to provide **personalized training** and engaging **fitness classes** that cater to *your* unique needs.

Let's work together to push your limits, celebrate your progress, and create a supportive community where everyone thrives. I can't wait to meet you all and embark on this incredible journey together!



LETS GROW!

Class Schedule

Monday & Wednesday 5:30am
STRENGTH TRAINING & TONING USING CIRCUITS
AND SUPERSETS

**Wednesday 5:30pm
& Saturday 9am**
SWEAT SESH: CARDIO & HIIT

**Free for all Adult/
Family membership
categories
OR a Youth
connected to a
Family membership**

All classes will be 45-60 minutes.

JOIN my class where we'll move that booty to groovy music and dance under vibrant lights for an energizing workout experience!

Starts week
of Nov 4 - 9