



**FUNCTIONAL STRENGTH TRAINING CLASSES FOR ACTIVE
ADULTS AT ALL LEVELS!**

DAILY WORKOUT

IMPROVE YOUR STRENGTH, MOBILITY AND BALANCE

MONDAY

**FREE-WEIGHTS 12PM-12:45PM
TRX CLASS 6PM-7PM**

TUESDAY

**FUNCTIONAL STRENGTH TRAINING
CORE/FULL BODY 6-7PM**

WEDNESDAY

TRX CLASS 10-10:45AM

THURSDAY

**FUNCTIONAL STRENGTH TRAINING
CORE/FULL BODY 6-7PM**

FRIDAY

WEIGHT CIRCUIT 945-1030AM

**LIMITED TIME OFFER! UNLIMITED
CLASSES \$98 MONTH PRE-PAID
EFT/OR \$15 PER CLASS**



**COACH WALTER (714) 916-3422
PERSONALTRAININGFOLSOM.COM**

