

NEW CIRCUIT TRAINING CLASSES

Lose weight + get strong in 2019!

Join me for a weekly strength and conditioning class exclusively for women



Small Group Training with an Olympic Athlete in Alameda

Feel energized, stronger, and leaner in a fun environment

- Small group, maximum 6 women
- Personalized attention from a Certified Personal Trainer and Olympic Athlete
- Circuit style training: exercises using body weight, dumbbells, stability balls, TRX, battle rope, and other tools designed to strengthen legs, core, and arms
- All workouts designed to help you effectively lose weight while avoiding injury and having fun
- Guidance on nutrition and workouts to do outside of our weekly class