



JOIN CERTIFIED TRAINERS & GROUP FITNESS INSTRUCTORS, ELISSA & SHADOW, FOR A NEW 40-MINUTE CLASS [STRENGTH] OFFERED TUESDAYS + THURSDAYS 12:10-12:50PM IN THE RFC GYM! THIS CLASS WILL FOCUS ON MUSCLE-SPECIFIC STRENGTH TRAINING WITH REPS, SETS & PROGRESSIVE OVERLOAD TO INCREASE MUSCLE & BUILD STRENGTH. THIS CLASS WILL ALLOW YOU TO GET COMFORTABLE WITH A LARGE VARIETY OF STRENGTH EXERCISES, ALL WHILE PROVIDING ACCOUNTABILITY, MOTIVATION & STRUCTURE TO YOUR STRENGTH TRAINING ROUTINE. EXPECT INTENTIONAL STRENGTH TRAINING ALONGSIDE A TRAINER WHO WILL GUIDE YOU THROUGH THESE EXERCISES WITH PROPER FORM FOR A SAFE & EFFECTIVE STRENGTH WORKOUT. THIS CLASS IS GREAT FOR ALL FITNESS LEVELS & ANYONE WANTING TO STAY CONSISTENT WITH STRENGTH TRAINING TO INCREASE LEAN MUSCLE IN THE BODY. TAKE EACH LOW-IMPACT STRENGTH SESSION AT YOUR PACE & INTENSITY WITH WEIGHTS THAT CHALLENGE YOU AND PUSH YOU TO A STRONGER YOU!

NEW CLASS STRENGTH

TUESDAYS: ARMS + CORE
WITH ELISSA
THURSDAYS: LEGS + BACK
WITH SHADOW

12:10-12:50PM

COMING SOON!
STARTING APRIL 1ST

