



ARMS & ABS

WITH LINDSAY FILICE

Tuesdays

9:15 - 9:45am

..... **OR**

3:50 - 4:20pm

SMALL GROUP TRAINING

Strengthen both your arms and abs in this quick and efficient 30 minute workout. This class will utilize dumbbells, TRX, and other equipment to increase strength and stabilization in your core and upper body.

Group Personal Training rates apply.



Contact Lindsay for more info or to sign up:

415.305.0296

| lindssk@gmail.com