



SYNERGY

SPECIAL PROGRAMMING

ALLFIT GIRLS: FAST paced and HIGH intensity boot camp style class designed to shred fat, increase muscular strength/endurance, and increase flexibility by using a wide variety of full-body training exercises.

Wednesdays 9:30-10:30 am

Sign-Up / Information: Contact Taylor Clark @ (918) 810-5137

6 week program

Member \$60, Non-member \$75

FIGHT CLUB: Learn practical self-defense techniques used by law enforcement agencies and mix martial artists nation-wide while getting a GREAT WORKOUT! This class is fun, and easy to learn! Bring a partner!

Wednesdays 7:00-8:00 pm

Sign-Up / Information: Contact Taylor Clark @ (918) 810-5137

6 week program

Member \$60, Non-member \$75

TRX: Achieve a full body workout that is fun and effective! In this class we will combine the benefits of functional training circuits and TRX to help develop strength, balance, flexibility, and core stability. All levels welcome.

Tues/Fri TRX BODY BLAST 9:30-10:00 am

Wednesday TRX BODY BLAST 4:00-4:30 pm

Tue/Thurs TRX NOON Express 12:00-12:30 pm

Sign-Up / Information: Contact Kristi Gabbert @ (509) 993-0787

6 week programs

1 class per week (6 classes): Member \$40, Non-member \$50

2 classes per week (12 classes): Member \$80, Non-member \$100