

WAVERLEY OAKS
ATHLETIC CLUB*Feature Student***BAILEY
TRIGGS****FUN FACTS ABOUT BAILEY:**

Your goal is to come to how many classes per week?

3 times a week!

What is your favorite toy to use in MX4?

Slam ball for sure, trying to be as loud as possible is always satisfying, especially after a long day at work.

What is something you have gotten better at in MX4?

Rowing! Getting closer to my goal of 1000m in under 4 minutes!

"There's just something so powerful about giving your max effort at something, and the format of the classes really encourages you to go all out again and again. It's really increased my physical confidence."

