



BARRE BURN TRANSFORM



THURSDAYS
AT **9:15AM**
IN **MARIPOSA**
WITH TERILEE OLIVIER

TRANSFORM your **STRENGTH** to **NEW LIMITS** to test your **GRIT**. This specific modality of workout will focus on improving core strength and muscle stabilization. The technique utilizes isometric holds to improve muscle groups that work in opposition to each other. The session ends with a light yoga cooldown to calm your mind and help your muscles recover after your hard work out.

\$7 EACH CLASS:

Pay by Member Charge or Unlimited Monthly Fitness Class Pass

(SGT classes, clinics & DV cycling classes excluded, passes are non-transferable and guests not included).



*SaddleBrooke HOA2
Fitness and Wellness*

FOR MORE INFORMATION CONTACT
DESERTVIEW FITNESS CENTER AT 818-1300