



SGT POWER HOUR WITH TOM



**WEDNESDAYS
AT 7:00AM**
IN MARIPOSA ROOM
WITH TOM OETINGER

\$10 EA. CLASS

ALL SGT CLASSES ARE \$10

This class is not for the beginner exerciser. Come ready to increase physical strength through weight-bearing and resistance exercise utilizing TRX, bands, and dumbbells. All major muscle groups are worked from head to toe. Class will conclude with core training and stretching for a complete workout. Focus will be on proper form and full range of motion during exercise. 'Challenge yourself to move out of your comfort zone and break through your personal fitness barriers.'



*SaddleBrooke HOA2
Fitness and Wellness*

**FOR MORE INFORMATION CONTACT
DESERTVIEW FITNESS CENTER AT 818-1300**