

Functional Training

with

Andrea Bennett

**Wednesdays
10:30-11am**

or

**Fridays
12:15-12:45pm**

4 Week Session

Members \$99

Nonmembers \$129

Unlike traditional “weightlifting”, Functional training exercises target more than one body part with each movement.

- Build your Core or “Inner Strength”
- Build Endurance
- Improve Balance
- Improve Range of Motion
- Burn Fat & Calories

Contact Andrea @ ext. 50 or email andrea@sac-nh.com for details.