



FUNCTIONAL FITNESS

choose your 4-week session
happening now through late august

Get the most out of your workouts by learning correct form and technique in this helpful class! You'll master fitness essentials such as body weight squats, lifting techniques, pushups, flexibility training, aerobics and more to boost your functional strength. This class is a great way to get ongoing personal training guidance to ensure that you're maximizing your workouts!

cost: \$48 drop-in: \$7
for 4-wk. session: 8 classes

time: tu/thurs. 11:10 a.m.-12:05 p.m.

 **FIRSTENBURG**
COMMUNITY CENTER

VANCOUVER-CLARK
**PARKS &
Recreation**

