

# LET'S GET PUMPED

*Strength Training Class*

**Every Monday & Wednesday**

**GCH Fitness Center**

**5:30 PM**

***Instructor: Kate Brown***

Our strength classes are designed to help add definition, build muscle mass, and improve your functional movement. You'll get the coaching, support and guidance you need get stronger!

Strength training classes target specific muscle groups or provide an overall workout. This class is for anyone from beginner to advanced!

**Must be a current paid member**

Not a member but want to take a class? Only a \$5 drop-in charge for each class