

**Tuesdays & Thursdays
5-5:45 PM**

**Wednesdays & Fridays
9-9:45 AM**



**4 WEEK
PROGRAM**

**2 SESSIONS
PER WEEK**

Back To Basics

Strength training, Balance, and Flexibility for beginners. Learn proper technique and form while performing basic movements using free weights and other gym equipment.



Alli Frazier

**For more information, please contact
Alli Frazier at afrazier@macwellness.com**

MAC
Achieve WellnessSM