

POWERHOUSE BOOT CAMP

ROLLING 6 WEEK SESSION



5:30-6:30 AM



EVERY MON, WED, FRI

Monday

CORE, STABILITY, BALANCE

Wednesday

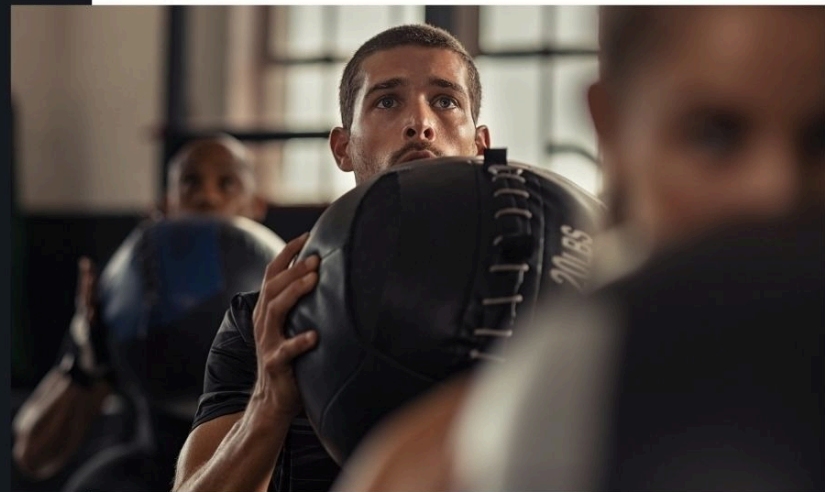
STRENGTH AND CONDITIONING

Friday

POWER, SPEED, AGILITY

PERSONALIZED NUTRITION
PLANS AVAILABLE

\$100 • • • •
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WHO IS THIS FOR?

For anyone 16+. This class caters to any ability!

HOW DO I REGISTER?

At www.wvcfitness.com - click 'register online'.
Or in person at the Family Fitness Center front desk. [Fitness Center Membership not required.](#)

ABOUT

Tasha Hew-Len is a certified trainer and group instructor with 10+ years experience as a strength and conditioning coach.



Family Fitness Center
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www.wvcfitness.com  