

**STRENGTH
SPEED
POWER**



STRENGTH CAMP



WEST SACRAMENTO
RECREATION
CENTER

TUESDAYS & THURSDAYS

at 9:30am

**ACHIEVE YOUR GOALS IN THIS
SMALL PERSONAL TRAINING GROUP.**

w/ Trainer Jake

**SPACE IS LIMITED TO 3
PARTICIPANTS PER SESSION.**

4 CLASSES FOR \$48

WWW.WESTSACFUN.ORG | 916.617.4770