

“Whittle Your Middle”

with Cardio Bursts



Back by popular demand! This Circuit-Style Cardio class, created by Personal Trainer Carla Churchman, is a group training session guaranteed to have your heart pumping and your waistline slimming!

Classes are Thursday Nights at 5:30pm

Cost: \$10 per class for ATTSC Members
(Non-members \$10+\$15 Guest Pass)



907. 746.7529

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