



CLASSES START NOVEMBER 2ND

NEXT CHALLENGE KICKS OFF JANUARY 12TH

Schedule:

Monday – 9:30am & 6pm

Thursday – 9:30am & 6pm

Saturday– 9am

Monthly Pricing:

Once/week – \$50 (members) | \$59 (nonmembers)

Twice/week – \$75(members) | \$99 (nonmembers)

Unlimited– \$100 (members) | \$199 (nonmembers)

A program for women, coached by Stephanie Murdock and Bethani DeSantis, designed to help you achieve your next level of individual fitness, while gaining energy and confidence no matter what season of life you're in.

Email smurdock@glac.club for more details.

