



# NEW CLASSES



## SMALL GROUP TRAINING WITH CRAVE FITNESS

SPRING INTO FITNESS WITH CRAVE'S NEW SMALL GROUP TRAINING CLASSES! OUR PASSIONATE COACHES ARE EXCITED TO SHARE THEIR LOVE FOR LIFELONG FITNESS THROUGH FUN, EFFECTIVE WORKOUTS IN A SUPPORTIVE, COMMUNITY-DRIVEN SPACE.

### TRX/CORE

This small group training class offers low-impact TRX suspension exercises with targeted core strengthening to improve balance, mobility, and overall stability. With expert guidance and a supportive environment, participants build strength and confidence at their own pace.

#### **Mondays & Wednesdays**

When: May 5-June 4  
Time: 10:00am-10:45am

#### **Tuesday & Thursdays**

When: May 6-June 5  
Time: 9am-9:45am



### Strength Circuit

This small group circuit-style training class focuses on building full-body strength through a variety of low-impact, functional exercises. Each session is designed to boost confidence, improve mobility, and support everyday activities in a safe and supportive setting.

#### **Mondays & Wednesdays**

When: May 5-June 4  
Time: 9:00am-9:45am

#### **Tuesday & Thursdays**

When: May 6- June 5  
1:00pm-1:45pm

**LIMITED SPOTS AVAILABLE  
CONTACT CRAVE FOR MORE INFORMATION**



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