

Winter Spartan Training

STARTS JANUARY 18TH
Thursdays 12:15pm



CAYUGA
COACHING



Join us for **total body strength and conditioning** circuits that will push you to your limits of strength, endurance and mental toughness.

This 45 minute class is perfect for those training for obstacle course racing.

8-WEEK SERIES PRICING

MEMBER: \$75 NONMEMBER: \$90

DROP IN RATE:

**MEMBER \$10
NONMEMBER \$12**

Join Hiit & Run and Winter Spartan Training at a reduced combined rate! (\$135)

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