

S U N  A K S

b ooty:30

**4 weeks of targeted glute work plus core strength
in just 30 minutes. Burn calories - build booty.**

Monday/Wednesday @ 4:15pm

Tuesday/Thursday @ 12:30pm

\$69 for 4 weeks. Starts February 9th.

**Want to join us from home?
Booty:30 will be on Zoom!**

*Pair it with an R30 class for
a total booty and leg burn!*