

Functional fitness is a classification of **training** that prepares the body for real-life movements and activities.

**75
Minute
Fun-Filled
Class**

F.I.T.

EXTRAVAGANZA

Wednesday

August 28

9:30 – 10:45 A.M.

Lower Studio

Drop- in & join the RAC **F.I.T. instructor team** for this special class that focuses on improved strength, flexibility, range of motion and caloric burn.

