



NEW CLASS **Functional Fitness**

With Kali Glosser

Tues/Thurs from 8am to 9am

Starts 5/5/22

All summer long

This Class was developed by Kali in an effort to utilize a wide range of equipment and training techniques to ‘restart’ peoples fitness programs and get everyone reacclimated to rigorous workouts in a safe manner.

In this class you can expect to participate and learn in body weight exercises, yoga, weightlifting, TRX, and much more.

Be prepared to workout on Bay Club –lawn or beach – weather permitting !!

We invite you to come and enjoy this class with this fun and engaging instructor as you continue your fitness journey.

LEARN MORE –HAVE FUN –Get Fitter !

Want more info? Write office@homerbayclub