

# suspension training



**Hang on a minute!** Pam Oliver will coach you through a workout that will train multiple muscles at once, in multiple planes of movement for a workout unlike anything you've experienced.

**Great for:** functional strength training  
+ quick conditioning + no-impact setting  
+ core strength + improved sport performance  
+ flexibility and rehabilitation.

Thursdays at 11:00am

\$30 Members | \$40 Guests

PWRFIT Studio

**REGISTER**

Greenwood App, 303.770.2582 x274  
GreenwoodATC.com/PersonalTraining

**CONTACT**

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**GREENWOOD ATHLETIC  
AND TENNIS CLUB**