

# TOTAL

## Tone & Tighten

with David Nutting

Tone legs, firm arms, sculpt abs,  
and lose weight in this 8-week  
progressive cycle training  
program incorporating weights,  
kettlebells, machines, TRX,  
bodyweight, balance, and cardio.

**Begins January 14**

**Mondays: 9am, 4pm**

**Wednesdays: 7am, 9am, 4pm**

**Weight Room**

Drop In: \$35 Eight Pack: \$240 (\$30 per class)



**REGISTER**

Greenwood App, 303.770.2582 x274  
[GreenwoodATC.com/PersonalTraining](http://GreenwoodATC.com/PersonalTraining)

**CONTACT**

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**GREENWOOD ATHLETIC  
AND TENNIS CLUB**