

Sexy Summer Shoulders

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Mondays & Wednesdays 11:00 a.m.

Session I May 17-June 16

Session II June 21 - July 21

Get delts of a diva and go sleeveless with confidence this summer training with Tammy Phillips.

Wave good-bye to arm jiggle as we sculpt shapely shoulders, beautiful backs and amazing arms in this focused 30 minute workout.

5 weeks, 10 sessions, member \$119, non-member \$149

Tammy Phillips



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