



OCTAGON EXPLOSION

Wednesdays, 10:30-11:20 am | Ongoing

Instructor: Kathy Armstrong-Crouch

This small group training class is organized on the 8 station frame (the Octagon). You will develop strength, agility, speed and burn a lot of calories with this fun functional training program. Escape supporting products will also be utilized.

Purchase a series of 8 classes to use at your convenience & SAVE!

Individual class rate:

50 minute - \$25 | 8 Pack - \$176 (\$22 per person)

For more information contact Carmen Erian,
Group Fitness Director, 860-231-6348, cerian@mandelljcc.org

