



YUBA CITY RACQUET
& HEALTH CLUB
825 Jones Road, Yuba City, CA
530-673-6900



Pilates Beyond the Core Collides with TRX

An intense 55 minute workout
that is sure to take you to a new level of fitness.
The best of **Pilates** and **TRX** suspension training
all in one workout.

Strengthen your body and mind with this unbelievable
training experience.

Classes starting soon.....

Sign up in the Fitness Office
for a FREE demo today!

**For More Information Contact
Julie Krueger at (530) 673-6900 ext. 214 or
Elias Mendoza at (530) 673-6900 ext. 278**