

TRX/PILATES FUSION

With Grace Scheffler

MONDAYS & WEDNESDAYS

July 31 - August 23

10:00 AM

To register or for more information, contact Josh Wagner at 518-377-8803 or joshw@schenectadyjcc.org

TRX[®]
Suspension Trainer™
Made in China

8 sessions: \$120 \$96 for Members
4 sessions: \$72 \$58 for Members

Robert and Dorothy Ludwig
Schenectady JCC
GOLUB FAMILY CAMPUS

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