

POWER PUMP

With Marie



Power Pump is a low impact workout that utilizes weight lifting techniques choreographed to music. It incorporates weight training principles that target all the major muscle groups to improve strength and endurance. We utilize Bodybars, free-weights, and body weight as tools to enhance our workout. Modifications can be made for individuals with joint or muscle issues. Progressions can be made for individuals desiring a more challenging workout.

*8AM
Mondays & Wednesdays with Marie*




THE CLUB AT
PRESCOTT LAKES

