

# Fitness at Pronghorn



## **TRX Circuit Class**

Tiffany and Blaire of NW BOD are all about functional, fat blasting workouts. We incorporate weights, cardio & body weight movements into circuit training that will keep your body guessing as well as accelerating your results!

**In the Trailhead Fitness Facility**

**Sundays**

**10:00 am – 11:00 am**



## **StrongFit**

**John Odden – SFG, CSCS, CES, FMSII**

Class incorporates fundamental movement patterns that are often times disrupted as we age, especially if we get injured. This class will unlock any “stuck” movement patterns while mobilizing, strengthening, toning, and building your body.

**In the Trailhead Fitness Facility**

**Saturdays**

**9:00 am – 10:00 am**

Fitness Center Hours:

5:00 am - 10:00 pm Daily

Contact Guest Services for more  
information and to make reservations.

541.693.5300