



WOMEN'S + FUNCTIONAL TRAINING WITH RONLY OMER

A functional training program designed for women that will help you move better and feel stronger and empowered from the inside out.

Through fun, creative exercises and routines, you'll build strength, improve endurance, enhance mobility and challenge your body in ways that will transform you. Together, we'll cultivate healthy habits, boost confidence and embrace our best selves. Perfect for all fitness levels and age groups.

SCHEDULE AND FEES

Sundays at 8:30 am • Tuesdays & Thursdays at 7 pm

Participate once, twice or three times a week.

One day fee: \$40 Member / \$50 Community

Two day fee: \$56 Member / \$66 Community

Three day fee: \$66 Member / \$76 Community



Mandel Jewish
Community Center

TO REGISTER VISIT mandeljcc.org/group-exercise

FOR MORE INFORMATION CONTACT

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