

# TRX Body Blast Class

Set to music...in a circuit...  
to seriously train your muscles...your body!

Tuesdays and Thursdays 7:10pm – 8:10pm

~now included in your membership~

BUT you MUST reserve your spot in advance either online or at front desk



[www.springssalsa.com](http://www.springssalsa.com)

Springs Salsa and Dance Fitness

1220 Valley Street

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