



METHOD EXPRESS

with Rachael Bercey

Feb 22nd - Mar 21st

5 week program | Wednesday @ noon | 45 minute express workout

\$60 member
\$75 non-member
limit 10, min. 5
in Multisport Room

Take time out of your busy day for YOU with this strength training series with Rachael. Using body weight to perform small isometric contractions, this workout is safe on your joints and quick to make you "feel the burn."

just
45
minutes

- ★ burn calories with high reps
 - ★ tone + strengthen abs + glutes
 - ★ promote balance
 - ★ improve postural alignment
 - ★ prevent injury
 - ★ improve joint mobility
- in just 45 minutes!**



ABOUT Rachael Bercey

As a specialized neuromuscular massage therapist, certified personal trainer, and certified kinesio tape practitioner over the past 10 years, Rachael knows how the body moves. Rachael has what it takes to change the way you strength train FOREVER! But you have to take this series first! A self-proclaimed education junky, she enjoys painting, exercising, and spending time with family.