

FITNESS CLASSES

Are you looking to become more physically fit? Would you like assistance from a certified trainer?

Join the Fitness Class! Classes are free! Ages 14 and up.

All you have to do is show up at the designated place and time.

Middle Verde

Monday, Wednesday and Friday Mornings

5:30 am, Middle Verde Gym

Tuesday and Thursday Evenings

5:30 pm, Middle Verde Fitness Center

Clarkdale

Monday and Wednesday Evenings

6:10 pm, Clarkdale Fitness Center

Friday Mornings

5:15 am, Clarkdale Fitness Center

Introduction of Trainers

Paul Burke

Paul Burke is a certified trainer with SNAP Fitness and received his B.S. in Exercise Science from the University of Idaho. A former tight end with the New York Jets and Carolina Panthers, Paul Burke has more than 17 years experience as a performance and metabolic specialist. Paul has trained a variety of athletes and celebrities from collegiate and professional ranks to some of today's leading Hollywood talents.

Karl Samter

Karl Samter received his B.S. from San Diego State University. Karl has always been passionate about health, diet, and working out to stay in shape and brings his passion to every person he meets and personally trains. Karl's training philosophy is built upon 3 major principles: Enjoyment, Variance and Challenge.

