



RAILS

STRENGTH & FITNESS

CLASS TIMES

MONDAY - FRIDAY

5:30AM (Mon/Wed/Fri)

5:00 & 6:00AM (Tues/Thurs)

8:30AM

12PM

4:30 & 5:30PM

(no 5:30pm Fri)

SATURDAY

9:00AM

Adult, family,
youth, and service
member pricing
options available!

*COME FOR THE
WORKOUT,
STAY FOR THE
COMMUNITY!*

Functional Fitness is
pretty simple. You train
your body **IN** the gym so
you can function higher
OUT of the gym.

Functional training
focuses on lifts and
movement patterns, like
squatting, pushing,
pulling and rotating
that that mimic
movements from
everyday life.
**NO EXPERIENCE
NECESSARY!**



605-290-2790
(Krstina Kessler)



821 Railroad Ave SE
Aberdeen, SD

JOIN US

TODAY!

