

GROUP TRAINING DESCRIPTIONS & PRICING

- **Functional Intensity** A 45-minute, full-body workout designed to increase function, mobility and endurance by moving through timed stations using the latest exercise props such as kettle bells, ropes, medicine balls, TRX suspension units, ground rotational devices, resistance bands, agility ladders and various body weight exercises.

Single Session: \$15.00

One Month Unlimited Sessions*: \$99.00

*Includes access to open gym area during business hours

- **Group Strength Training** A resistance training workout designed to increase strength and power through traditional and non-traditional weight training techniques and equipment such as dumbbells, barbells, kettle bells, bands and more.
- **Power Half Hour:** 30 minute condensed version of our regular Group Strength Class
- **Core Cross:** a hybrid of strength and functional training utilizing a greater variety of exercises and training modalities and a different format each week
- **Meathead Monday:** A class that focuses specifically on increasing the strength and power of multi-joint exercises (deadlifts, squats, bench presses and pull ups) and Olympic Lifts (power cleans, clean and jerk, snatches, etc)
- **Senior Strength & Mobility** Through the use of safe and effective resistance training, dynamic stretches and myofascial release, seniors will increase the strength, mobility and flexibility necessary to reduce risk of injury, slow the rate of bone loss and improve the quality of daily activities.

Single Session: \$20.00 (30-minute classes \$15.00)

One Month Unlimited Sessions*: \$150.00

*Includes access to open gym area during business hours

CARDIO TRAINING DESCRIPTIONS & PRICING

- **Bootcamp Beats:** In this unique class, traditional bootcamp drills are perfectly paired with favorite high-energy, motivating music. Each month you can expect brand new songs and choreography designed by our expert instructors and trainers.
- **Cycling:** A 45-minute, musically driven, simulated bicycle ride through various terrain utilizing different speeds, levels of resistance and body positions to achieve maximum results!
- **HIIT Cycling:** 30 minutes of high intensity interval cycling
- **Pedal Plus:** 30 minutes of high intensity cycling followed by a different 15 minute conditioning block each week.
- **Penalty Box® Training:** 30 minutes of high intensity conditioning and agility drills using the Penalty Box® agility grid and hurdle
- **Step Aerobics:** 45 minutes of continuous aerobic exercise consisting of choreography utilizing the Reebok Step
- **Sculpt:** A 30-minute class of non-stop resistance training set to music
- **Trifit:** 45-minute class during which participants will rotate between cycling, agility and core conditioning stations
- **Trifit Express:** 30 minute, condensed version of our regular Trifit class.

Single Class: \$12.00

Ten Class Package: \$90.00

UNLIMITED, ALL-INCLUSIVE GROUP TRAINING

Includes ALL Core Fitness Group Training Sessions and Cardio Classes

\$199.00/Month