

Everyone deserves to feel comfortable and everyone deserves to be fit! That is why Core Fitness is now offering **Indoor, Outdoor (weather permitting) and Virtual Training options!**



In-Person Group Training

Enjoy a full schedule of over 25 weekly group training classes including:

- Strength training
- Functional Training
- Spin classes
- Recovery Classes
- Cardio Fitness Classes including Spin, HIIT, Step, Bootcamp Beats and Trifit

All classes are designed with your safety as our number one concern.

In addition to the safety measures that have always been taken at Core Fitness, social distancing, masks (mandatory when indoors), sanitization and all other applicable safety guidelines will be followed in every class. Due to current guidelines, participants must reserve their class times through SignUp Genius and follow other safety procedures which can be found at www.corefitnessgrouptraining.com

In Person Training (no Spin): 4 weeks: \$129.00

In Person Training with Spin: 4 weeks \$179.00

Spin Only: 4 weeks \$99.00

Day Passes: \$15.00

In-Person Youth Training

Athlete Training

Core Fitness offers one-on-one, small group and private team training as well as open, "Speed & Strength" classes for competitive athletes looking to improve all aspects of sports performance including:

- Increased speed and agility (acceleration/ deceleration, change of direction speed, reaction time)
- Increased strength, power and explosiveness
- Increased functional mobility
- Decreased risk of injury

All athlete training will take place outdoors when weather permits, and indoors (masks and social distancing required)

Fit Kids Circuit Training

Kids of every fitness level ages 5+ are welcome to get fit and have fun moving through fitness stations that are designed to improve strength, balance, agility, mobility and endurance.

- Fit Kids Level 1: Ages 5-8, 30 minutes
- Fit Kids Level 2: Ages 9+, 45 minutes

1 class per week, 4 weeks: \$59.00

2 classes per week: \$99.00

In-Person Private Training

Address your specific needs and goals in our one-on-one, partner and private group training sessions available both outdoors and indoors at Core Fitness

30 minute one-on-one session: \$45.00

Ten, 30 minute 1-on-1 sessions: \$400.00

30-minute partner and group training:

- 2 people: \$25/person
- 3 people: \$20/person
- 4 people: \$17.00/person
- 5 or more: \$15.00/person

Virtual Training Options

For those not ready to return to the gym or simply enjoy the convenience of training in their home.

Virtual Group Training Program

- New video workouts emailed daily, Monday through Saturday including Strength, Functional and Core Cross workouts. *Videos accessible until Sunday, 8:00pm of each week.*
- Optional live, interactive Zoom group training classes three days a week during which participants will receive individualized form coaching and live demonstrations.

4 Weeks: \$85.00, 1 Week \$25.00, Daily \$7.00

Virtual One-On-One and Private Group Training

Receive all of the benefits of personal training from the safety of your own home! After customizing a program to suit your goals, needs and access to equipment, our certified professionals will provide live instruction, form corrections and motivation.

One-On-One Virtual Sessions:

30-minutes: \$30.00, 5 Sessions: \$129.00

Virtual Private Small Group Sessions

\$7.00 per person for 30-minute session. 4 person minimum

Virtual Private Athlete Team Training

Athletes will improve speed, strength, agility and mobility, all in the safety of their homes. NSCA Certified Strength and Conditioning Specialists will demonstrate, coach and correct each athlete throughout this 45-minute live, interactive session

\$10.00 per athlete, 8 athlete minimum



Adult Training Packages

Packages	Daily Video Workouts	Interactive Zoom Workouts	Group Strength Training	Functional Training Circuits	Core Cross	Cardio Fitness and Recovery Classes (Trifit, Bootcamp Beats, Step, HIIT)	Spin Classes
Virtual Training \$85.00/4 weeks (\$25/week)	✓	✓					
Group Training (indoor and outdoor) \$129.00/4 weeks (\$39.00/week)			✓	✓	✓	✓	
Spinning \$99.00/ 4 weeks							✓
Group Training/ Virtual Combo \$159.00/ 4 weeks	✓	✓	✓	✓	✓	✓	
Group Training/ Spinning Combo \$179.00/ 4 weeks			✓	✓	✓	✓	✓
Platinum Combo \$199.00/ 4 weeks	✓	✓	✓	✓	✓	✓	✓



Class Descriptions

Athlete Speed and Strength

A 45-minute class for competitive athletes ages 10+* that combines all elements of sport training including speed, agility, strength, power and mobility.

Bootcamp Beats

In this fat-burning class, traditional bootcamp drills are perfectly paired with favorite high-energy, motivating music for a great cardio HIIT workout!

***HIGH IMPACT, HIGH INTENSITY**

Bodysculpt

30-minute, non-stop, full-body resistance training performed to the cadence of high-energy music.

Core Cross

This challenging class is a hybrid of strength, functional and cardio training utilizing a greater variety of exercises and training modalities

Fit Kids Circuit Training

After a fun warm up game, kids will move through fitness stations that are designed to improve strength, balance, agility mobility and endurance.

Functional Training

Timed stations of mobility, stability, muscular endurance, agility and strength exercises designed to increase the performance and safety of real life movements.

Group Strength

Workout designed to increase strength, power and muscle mass through a variety of resistance exercises.

HIIT (high intensity interval training) Cardio

By alternating bouts of high and moderate intensity exercises, participants will burn maximum fat in minimal time! ***HIGH IMPACT, HIGH INTENSITY**

Recover

A class specifically designed to increase blood flow, mobility and circulation while decreasing physical and emotional stress. A variety of modalities and tools will be incorporated into each class including, but not limited to, foam rolling, yoga, stretch straps, massage rollers/balls and athletic mobility movements.

Trifit

In this unique class participants will rotate between cycling, agility/conditioning drills and abdominal training.

You must reserve your spot in classes at www.corefitnessgrouptraining.com

Core Fitness Safety Procedures/Rules:

- You must register online for all classes or independent workouts (the SignUp Genius can be accessed in our online store at www.CoreFitnessGroupTraining.com/store)
- DO NOT come to Core Fitness if you feel sick, ill, feverish, congested, are coughing or feel in any way “under the weather”.
- YOU MUST WEAR A MASK AT ALL TIMES WHEN INSIDE THE GYM.
- When entering the gym please SANITIZE YOUR HANDS, sign in and take/record your temperature
- ALWAYS attempt to maintain 6 feet distance throughout your workout.
- Several hand sanitizers will be available throughout the group area. All participants are encouraged to use sanitizer before and after using equipment throughout the class.
- Equipment will be thoroughly sanitized by Core Fitness staff before and after class.
- Core Fitness staff members will wear masks at all times when in the gym and will perform self temperature checks before entering the gym. Additionally, staff will perform all other safety measures such as staying home if feeling ill, sanitizing hands before and after all classes and maintaining 6 feet distance unless a closer proximity is necessary to prevent the physical harm of a client.
- Please do not linger after your designated workout time is over unless you do so outside and socially distanced.