



CLASS DESCRIPTIONS

STRENGTH	
CORE & MORE	This class focuses on overall core strength and abdominal work then finishing off with a full body stretch to increase flexibility, improve posture, relieve, or heal back pain and reduce stress. Add this class to the backend of your cardio and/or strength workout.
POWER UP	This class focuses on upper body strength training using heavier weights. Some experience is recommended.
LIFT: FULL BODY STRENGTH	This class focuses on full body strength using heavier weights and few reps to concentrate on each exercise resulting in muscle strength gains.
CARDIO & STRENGTH	
CIRCUIT TRAINING	This class will be performed in a circuit format combining a variety of equipment to improve muscular strength and endurance. Format will include a mix of cardio, resistance and high-intensity interval training (HIIT).
LUNCH TIME POWER	Need a lunchtime break? This class will pump you up by focusing on overall Cardio and Strength Training.
HIIT (&) THE WEIGHTS	This class will mix high intensity cardio with lighter weights and/or plyo work on the floor.
MUSCLE HUSTLE FULL BODY	This class combines both high intensity cardio and full body strength utilizing circuits with various stations and equipment for a full body workout.
MUSCLE HUSTLE LOWER BODY	This class combines both high intensity cardio and lower body strength utilizing circuits with various stations and equipment.
MUSCLE HUSTLE UPPER BODY	This class combines both high intensity cardio and upper body strength utilizing circuits with various stations and equipment .
TEAM ENDURANCE	This class will mix up lower pace, longer efforts on cardio + heavy weights on the floor. May also include some Run/Row or partner/team workouts.
TRX	
TRX BASIC BODY	This class utilizes the TRX Suspension Trainer and your own body weight to build strength, balance, flexibility, and core stability. This class is tailored for beginner to intermediate level TRX users. Perfect for first timers!
TRX STRENGTH	This class uses the TRX Suspension Trainer to perform strength exercises, targeting large and small muscle groups. TRX Strength is the ideal way to strengthen and tone, while focusing on functional movement and core stabilization. Adaptable and appropriate for any TRX user.
TRXpress BLAST	This TRX workout focuses on all major muscle groups in a fast paced format to build strength and power. With quick transitions and challenging movements, this class is recommended for experienced TRX users.