



SMALL GROUP TRAINING *WINTER PROGRAMS*

SWEAT SERIES – CARDIO With Kira

TUE 6:00 PM

In Sweat Cardio members can anticipate being pushed to their physical limits. Utilizing the Skill line of Technogym equipment as a cornerstone of this training, members will run, push and row their way to a fulfilling workout.

SWEAT SERIES – STRENGTH With Kira

THU 6:00 PM

In Sweat Strength members should be prepared to 'feel the burn' of muscular fatigue. Your coach will push you to maintain good form while feeling the pump; expect to feel some muscular soreness when this session is done.

FALL PREVENTION With Dan

MON / WED 1:00 PM

Falls are the leading cause of injury among adults in age 65 and older. This 30-minute Small Group Training will empower you with exercises to improve balance and motor control as well as helpful tips to reduce the risk of falls in your own home.

F.I.T With Jason

MON / WED 9:15 AM

A versatile program, suits beginners and pros alike. It enhances movement, strength, and energy, shaping you into your best self. Combining corrective exercises, strength training, and intense cardio, it leaves you feeling incredibly fit!

SEE FRONT DESK FOR REGISTRATION AND ADDITIONAL PRICING.

