

IMPACTTraining

Intense | Multi-faceted | Performance-driven | Athletic | Cross Training



Did you know that working out in a group leads to a higher effort level? Our IMPACT Classes are the perfect environment to work directly with one of our talented personal trainers in a small group, for a fraction of the cost of personal training. Have your goals and progress be monitored, receive help with your form and programming, and get a great workout! Check the schedule for when you can join a training session. IMPACT Classes are on a first come first serve basis. Class fees are \$20 + tax Member/\$35 + tax Non-Member. Check with the front desk for openings and to sign up.



IRONfit

IRONfit balances high-intensity, full-body, compound movements through strength and cardio exercises. Proper mechanics are stressed to ensure safety and progression. From barbells to med balls and kettlebells to box jumps, every muscle will be functionally challenged. IRONfit turns everyday people into high performance athletes.

Days: Tuesday and Thursday 5:30am



Tennis Conditioning

Build your strength, agility, and core in a tennis specific workout. A variety of equipment will be used, including a footwork ladder, med balls, resistance bands and free weights. This class will give you a full body workout and you will leave in better tennis condition, improving your athletic performance on the court.

Days Wednesdays 10:30 – 11:30am



Steady Strength

Steady Strength is a balanced, full-body, resistance training workout focused on improving muscular strength and endurance. Free weights, resistance bands, weighted balls, and more are used in an interval style format to tone and strengthen the entire body. All levels are welcome!

Days: Tuesday, Thursday & Friday,
5:30 – 6:30pm



TRXtreme

Come push your physical abilities and transform your body into the best, well-rounded shape it can be. This 60-minute, volume intense, small group circuit utilizes an array of equipment in order to create a challenging and rewarding full-body workout. Be the resistance!

Day: Saturdays, 9 – 10am