



GET YOUR FREE FITNESS UPDATE



***Quarterly Member Perk: one complimentary,
15 minute 1-on-1 personal update
with a fitness expert.***



You Pick 1 of 3 Options

The goal is to answer “how can we improve one of these components in your fitness regimen.”



Cardiovascular

We show you the basics of High Intensity Interval Training (HIIT). HIIT is a great way to improve your endurance, heart health, fat burning, and overall conditioning. We will show you how to use your favorite piece of equipment to your advantage.

Strength

This will show members how to take what you learned from your complimentary fitness orientation, and combine exercises to give you a more heart-pounding and efficient workout. We will show you some specific supersets to take your workout to the next level.

Flexibility

Stretching is important, but few people do it. We will discuss static and dynamic stretches, with examples, and recommend to you some classic stretches to implement into your workout.