

HARD YAKKA!! "XTREME"

WERE BACK...JOIN US!!

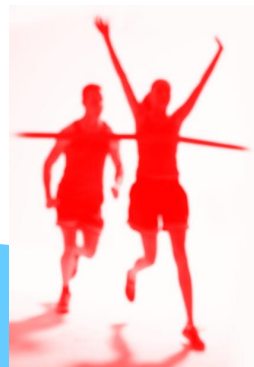
MISSION OBJECTIVE:

- To make this program FUN, DYNAMIC and REWARDING by helping you achieve your Personal goals. We will teach you to,
 - Improve your power
 - Reduce body fat increase lean muscle mass
 - Improve core strength and flexibility
 - Increase cardiovascular endurance
 - Enhance balance and agility

Class will include:

- Kettle Bells, Medicine Balls, Cones
- Hurdles, agility ladders, TRX bodyweight training
- Gymnastic rings, Stability balls,
- Plyometric boxes

TUESDAY & THURSDAY MORNINGS



Days: Tuesdays & Thursdays
Time: 6:00 AM
Duration: 60 minutes
Intensity: Max-out
Length: Monthly
Minimum Class Size: 6
Maximum Class Size: 20 (10:1 trainer)
Pre-register at the FRONT DESK!

Trainers: Fereti and Scott



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TUESDAYS & THURSDAYS 6AM