



Circuit Training

This P90X style class will burn maximum calories while building endurance, strength and lean muscle. Start with your core, your 'Power House!' Strengthen, flatten and tone your abs then transition into circuit training. There are 13 different stations, 1 minute per station. You will use traditional exercises such as squats, lunges, curls and presses as well as some innovative moves. Equipment varies from class to class. It includes dumbbells, barbells, jumprope, bodyweight and much more! Set up is done for you. You just need to bring water, towel, a positive attitude and COMMIT TO BE FIT!

Have you been looking for a challenge?