



FITNESS CLASS DESCRIPTIONS

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DESCRIPTION

FIELDHOUSE FITNESS

Train like an athlete with the Fieldhouse Fitness program! Work with certified personal trainers to improve your agility, strength, speed, resistance, core, and balance through functional movement training in a multi station, high intensity interval workout!

WEIGHT TRAINING

Build lean muscle, rev up your metabolism and get strong in our Weight Training classes! These classes will primarily focus on the use of resistance equipment including bars, weights and medicine balls to get you the results you want!

TRX - 30 HIIT / 30 MOBILITY

This class is for those looking to get a great workout while preventing injury and improving strength, range of motion and posture. You'll rotate between two beneficial types of training: HIIT (high-intensity interval training) and Mobility. The HIIT portion of class will have a special emphasis on using the TRX Training System to keep your heart rate up and burn more fat in less time. Through mobility work, the focus will be on improving the movement of your body so that you can increase your athletic potential, decrease injury and feel better.

30 HIIT / 30 WEIGHTS

Mix it up in this unique class that offers 30 minutes of high-intensity interval training to torch fat in a short amount of time, followed by 30 minutes of strength training to continue the fat burn post workout! The combination of these two training methods provides a class filled with variety that will help participants build strength, burn calories, look and feel great!

MRT - METABOLIC RESISTANCE TRAINING

MRT uses different combinations of training systems that include supersets, cardio, plyometric movements, speed drills, short rest periods and compound movements in one workout to maximize caloric expenditures and increase one's metabolic rate. The blending of cardio and weight training into one workout creates a large post workout calorie usage called "afterburn" that lasts 36 hours after completing your workout!

TRX PLUS

Are you ready to feel and look your best? TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Due to number of participants, this class is similar to our Fieldhouse Fitness format with a heavy emphasis on TRX.