



**Fit Body. Fit Mind.**

## **Small Group Fitness**

Any and all form of fitness that's done in a group setting, led by a personal trainer or group instructor.

### **MOBILITY with Levi Dillon**

Mobility is the combination of flexibility and strength. Focus and body awareness are the key components to this class. Designed to increase the activation of your nervous system, for your joints to move more freely while helping decrease pain. This class is very safe and recommended for all ages, training levels, and body types.

### **INTERVAL HOUR with Levi Dillon**

The description is in the name; however, don't be fooled by other big-name interval classes. This interval hour isn't just your typical row, run, and bike workout. Agility, balance, core, plyometrics, and weights are just the tip of the iceberg for the foundation of movements built into this program. Designed alongside the primal strength program, the Interval Hour coached by Levi Dillon will push your aerobic capacity to the next level. Heart Rate monitors are recommended but not required.

### **PRIMAL STRENGTH with Levi Dillon**

Designed for those looking to increase physical strength capacity through a variety of movements and unique exercise tools. The Primal Strength class aims to incorporate exercise tools such as steel maces and clubs, kettle bells, fat bells, barbells, battle ropes, and med balls. Incorporating a diverse number of movements done with cable equipment, this class can be scaled for the beginner just looking to have fun while getting in shape, or the strongest individuals looking to reach new personal records.

### **INSANITY LIVE with Tobhiyas Artison**

A cardio-based, athletic-style workout that combines the best of HIIT (high-intensity interval training) and strength moves designed to help you get fit fast! Each high-energy workout is packed with cardio drills, plyometrics, and bodyweight strength moves that help you get lean and strong.

### **CIRCUIT TRAINING with Tobhiyas Artison**

A form of body conditioning or endurance training or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. The time between exercises in circuit training is short, often with rapid movement to the next exercise.

### **TRANSFORMATION with Amanda Statzer**

Amanda combines strength and cardio training to transform your body and boost your resting metabolism! Exercise variations accommodate people of all fitness levels.