



Cross Training

A high intensity workout routine that focuses on many different types of exercise. We don't focus on state-of-the-art machines here, your body is the MACHINE. Here you can get stronger, faster, and more importantly, healthier. Expect to challenge yourself and push your limit each day, but expect positive results fast.

When:
Monday-Saturday
8:00 am - 8:45 am
(Instructor-Brooke)

5:00 pm- 5:45 pm
(Instructor-Walker)

7:00 pm - 7:45 pm
(Instructor-John)

Bring:
Comfortable training shoes

Duration:
1 hour - 1:45 mins.
170-525calories