

THE TRAINING TOOLE CLASS DESCRIPTIONS

Two Class Categories:

SGPT: Small Group Personal Training

- Limited to a max of 8 people
- Workouts are specialized and created according to participants goals and with the plan to help you increase your mobility, strength, core and conditioning.

LGF: Large Group Fitness

- Designed for larger groups
- Focus on overall fitness in a fun atmosphere filled with encouragement
- Some modifications are made as needed
- Possible outdoor workouts



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Large Group Fitness Classes

TRX Strength:

- Strength focused class
- Uses the TRX Suspension system in conjunction with Kettlebells, Dumbbells, and Weighted Bars
- No cardio

HIIT: High Intensity Interval Training

- 30 minute class
- Uses Intervals to increase your heart rate and then bring it down for an active rest
- Increases fat burn and endurance

Yoga:

- Hour long class
- Beginner friendly
- Basic poses linked with your breath to encourage stretching, relaxation and recovery
- Ends with a total relaxation

