

POWER
IN MOTION

LARGE GROUP TRAINING

Power in Motion large group training class is a full-body training session designed to develop core strength, cardiovascular endurance, flexibility and joint range of motion. This exciting workout format engages all the muscles to work together while using dumbbells, barbells, kettle bells, ropes and balance training tools.

MONDAY - 5:30 a.m., 9:30 a.m., noon, 5:30 p.m.

TUESDAY - 5:30 a.m., 9:30 a.m., noon, 5:30 p.m.

WEDNESDAY - 5:30 a.m., 9:30 a.m., 5:30 p.m.

THURSDAY - 9:30 a.m., noon, 5:30 p.m.

FRIDAY - 5:30 a.m., 9:30 a.m., noon

SATURDAY - 9 a.m.

