



IRON TRAINING



LEAN18

8 WEEK WEIGHT LOSS CHALLENGE

TUESDAY

IRON CONDITIONING 5:15AM
KEITH HARE

Ignites cardiovascular fitness and muscle toning. Exercise using body weight, dumbbells, resistance bands & more to burn fat and improve your physique.

CARDIO COMBAT 10:15AM
JORDAN WEEKS

A high intensity workout that utilizes combat techniques in a circuit type session. With guided mitt instruction, focus on agility, and core stability, this high energy environment is perfect for all.

IRON CIRCUITS 12:15PM
DAKOTA HEUER

Comprised of strategically linked compound functional movements. This workout simultaneously develops multiple dimensions of fitness: power, speed, agility, strength, endurance, and coordination. It is designed to enhance the mind-muscle connection that will enable the athlete to explode with intensity, utilize energy, and recover rapidly.

IRON CONDITIONING 5:45PM
DAKOTA HEUER

Ignites cardiovascular fitness and muscle toning. Exercise using body weight, dumbbells, resistance bands & more to burn fat and improve your physique.

WEDNESDAY

IRON TRX YOGA 5:15AM
KATE BIRRINGER

Enhance your yoga practice using the TRX Suspension Trainer with TRX YOGA. Suspension training that develops strength, balance, flexibility, and core stability simultaneously through a variety of exercises that target the entire body.

IRON CONDITIONING 8:15AM
MYNDI HILLMAN

Ignites cardiovascular fitness and muscle toning. Exercise using body weight, dumbbells, resistance bands & more to burn fat and improve your physique.

THURSDAY

IRON CONDITIONING 5:15AM
DAKOTA HEUER

Ignites cardiovascular fitness and muscle toning. Exercise using body weight, dumbbells, resistance bands & more to burn fat and improve your physique.

IRON STRENGTH 5:45PM
TO BE ANNOUNCED

Designed to increase/maintain lean muscle which will have your body burning more calories, functioning better, & looking phenomenal.

FRIDAY

IRON CIRCUITS 5:15AM
MYNDI HILMAN

Comprised of strategically linked compound functional movements. This workout simultaneously develops multiple dimensions of fitness: power, speed, agility, strength, endurance, and coordination. It is designed to enhance the mind-muscle connection that will enable the athlete to explode with intensity, utilize energy, and recover rapidly.

IRON STRENGTH 8:15AM
MIKE KELLEY

Designed to increase/maintain lean muscle which will have your body burning more calories, functioning better, & looking phenomenal.

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8 WEEK WEIGHT LOSS CHALLENGE

18 SESSIONS INCLUDED
MUST BE USED WITHIN 8 WEEKS OF START DATE

SMALL GROUP TRAINING