

# Focused Training Options

- Balance/Stability/Mobility – This is a foundational session for those who are newer to fitness. We will focus on basic movement patterns, proper range of motion of joints, and beginner balance exercises.
- Strength Training – A full-body resistance workout to engage the major muscle groups.
- Yoga/Stretch – From gentle to power yoga, sport specific recovery or pre-workout dynamic stretching.
- HIIT/Interval Training – Ready to get your sweat on? A cardio focused, fitness level appropriate interval workout with periods of work and rest.
- Water Workout (seasonal) – Enjoy the river while using the water as your resistance workout tool. *\*The ability to swim is a prerequisite for all water fitness*
- Circuit/Bootcamp Workout – Like variety? Circuits are for you! Cardio, strength, and core exercises will be included in this total body challenge.
- Core Centered – This workout will focus on your abdominal and back muscles, along with the secondary supporting muscles of the core.
- Balance and Beyond – Work on progressing your balance and strengthening the overall functionality of your body. Great for athletes looking for corrective exercise ideas to add to their current routine.
- Low Impact Cardio – Get your heart rate up without any high impact movement! Leave the jumping to the kangaroos. Think step-touch and grapevine.
- Fitness Challenge for Groups – This workout includes components of cardio, strength, and core exercises in a fun and competitive game style format.