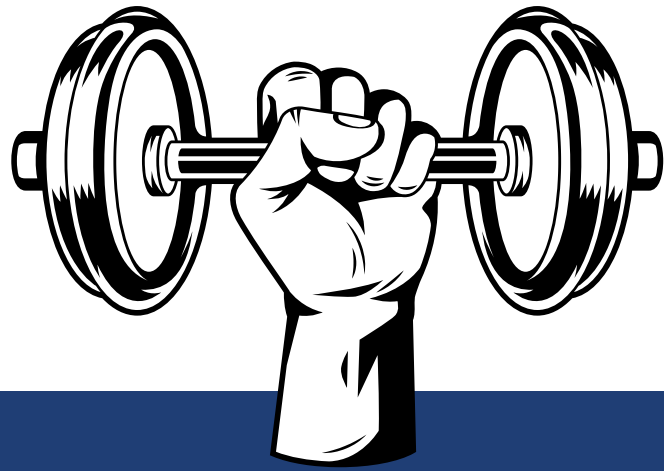


# MCKAY CLASS DESCRIPTIONS



## TOUGH TANK

Look good, feel strong! This dynamic class combines a variety of compound and isolated movements to effectively enhance total body strength & promote the development of lean muscle mass.

### Length



### Benefits

- increase muscle size and strength
- enhance metabolic rate
- improves strength stamina
- improves self confidence

## MOBILITY

A combination of different methods of stretching, muscle pain relief and movement mechanics to improve quality of movement. This is the perfect class for anyone who sits all day or does repetitive movement.

### Length



### Benefits

- increases flexibility improves range of motion improves body mechanics
- decreases stiffness decreases inflammation reduces stress



# SCAN ME TO BOOK!



# MCKAY CLASS DESCRIPTIONS



## AB STRIKE

A class dedicated to making sure your abs feel the burn. Strengthening the core can be fun and is incredibly beneficial. With music and a variety of functional movements, this class is the furthest thing from doing boring old sit-ups.

### Length



### Benefits

- improves core stability & strength
- reduces back pain
- improves body balance

## CIRCUIT TRAINING

A great "buffet style" workout that is setup in a circuit and targets the entire body.

### Length



### Benefits

- promotes fat loss
- promotes cardiovascular health
- improves muscle strength
- improves recovery time
- improves overall fitness

## SHELL SHOCK

Not for the faint of heart. Shell Shock is designed to shock your body using high intensity interval training (HIIT) methods.

### Length



### Benefits

- increases aerobic threshold
- fitness
- strength
- decreases body fat

## BRIGADE CHALLENGE

Mix up your workout routine with this challenge style class that is sure to give you results! Burn fat, build strength and get fit. This is a dynamic workout that takes the body through a variation of different training methods.

### Length



### Benefits

- improves overall fitness
- promotes fat loss
- improves muscle strength
- improves cardiovascular health