



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

COMBAT CARDIO

Join our Combat Cardio class where we maximize your heart rate using a variety of cardio machines and modalities, including rowing, skipping, sprinting, and cycling! This high-energy workout is designed to boost endurance, burn calories, and improve cardiovascular health, making it perfect for fitness enthusiasts of all levels. Whether you're looking to enhance your stamina, shed some pounds, or simply enjoy a dynamic workout, our Combat Cardio class will keep you motivated and moving towards your goals!



Benefits

- a fun way to improve and enjoy overall fitness



SCAN ME TO BOOK!



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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