



MX4 Small Group Training

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---------------|---------------|----------|---------------|
| 9:30am MX4 | 5:30pm MX4 | 9:00am MX4 | | 9:30am MX4 |

MX4 Small Group Training

MX4 Small Group Training brings multiple aspects of fitness — cardio, power, strength and endurance. This dynamic small group class integrates the S-Drive Performance Trainer, Matrix Rower and Johnny G Krankcycle by Matrix and functional training tools that include the TRX suspension trainer, Dynamax soft shell medicine ball, flat circular bands, kettlebells, landmine and battle ropes. MX4 programming is made up of easily scalable total-body workouts that integrate best-in-class functional training accessories. Participants receive the direction, accountability and motivation they need to get results.

Details: Sessions last 30 minutes with a Certified Personal Trainer or Group Exercise Instructor and is limited to 8 participants.

Cost Per Month: \$8 - Drop-in (if spots are available)
\$16 - 1 day/week (4 sessions per month)
\$28 - 2 days/week (8 sessions per month)
\$36 - 3 days/week (12 sessions per month)

Please see the front desk to sign up and reserve your day(s) and time(s)