

Functional Fitness Training

This group fitness class is scheduled from January 4th through the 28th and consists of eight (8) sessions. We will meet at 102 Industrial Blvd. in Toano every Tuesday and Thursday morning during the month of January, 2016. A second class will be every Monday and Wednesday, starting January 4th, in the evening from 6pm to 7pm. The training will be outside, so dress appropriately (layer up).

Class time is 6:00am to 7:00am (Tuesday and Thursday)

Class time is 6:00pm to 7:00pm (Monday and Wednesday)

...The cost is \$50.00...less than \$10 per session!

This Class is designed for all fitness levels and will train both your aerobic and anaerobic energy systems. This overall body workout stresses correct, functional body motion. As the program is two days per week, there will be other structured work which will be assigned to keep you active five (5) days a week. You are encouraged to get together with others in the class for extra workout sessions.

We have designed this class to work all major muscle groups, as well as, your cardio and respiratory systems. Each activity is designed to support a mind and body connection. It will push you to failure, maximizing your muscle development and fat loss. Of course an exercise program is only as good as the effort you put into it.

Recommended items: Water, towel, gloves, head lamp, layered workout cloths, hat, journal, and heavy duty backpack.

If there are any questions, please contact Mike Scruggs (757) 570-6615