ZONE 360

CLASS DESCRIPTIONS

STRENGTH

STRENGTH30	This class focuses on full body strength using heavier weights and few reps to concentrate on each exercise resulting in muscle strength gains.
STRENGTH45	Strength45 will challenge your muscles in 45 minutes as you use a variety of resistance training equipment to result in a stronger, leaner you! Using the progressive overload training method, members will be able to track their progress in building muscle week to week. Prior lifting experience is recommended, but not needed. If new to ZONE360, please arrive 10 minutes early to meet with the instructor for a brief overview of the room and equipment.

CARDIO & STRENGTH

FUSION45	This advanced training class will utilize all equipment ZONE360 has to offer. The efficient combination of strength and cardiovascular exercises will challenge you with heavier weights and faster speeds. Format will vary each week. Prior lifting experience is recommended, but not needed. If new to ZONE360, please arrive 10 minutes early to meet with the instructor for a brief overview of the room and equipment.
POWER LUNCH30	Need a lunchtime break? This class will pump you up by focusing on overall Cardio and Strength Training.
ZONE60	Join this class for a dynamic 60 minute circuit training class designed to boost your full body strength and cardiovascular endurance. These classes alternate between high-intensity cardio intervals on the treadmill and rower, with segments varying from longer, steady paces to shorter, more intense bursts. The resistance training includes both heavy weights for lower reps and lighter weights for higher reps, utilizing a variety of equipment to ensure a comprehensive workout. Functional training exercises are incorporated to enhance your overall fitness and everyday performance.

TRX

TRX45	This class uses the TRX Suspension Trainer to perform strength exercises, targeting large and small muscle groups. TRX Strength is the ideal way to strengthen and tone, while focusing on functional movement and core stabilization. Adaptable and appropriate for any TRX user.