



## Cross Training and Mind-Body Programs

**MIND-BODY STUDIO FITNESS:** These sessions are designed and led by certified fitness professionals. The Executive has the most experienced and credentialed instructors who lead our members to the very best results.

**BARRE** - Offered in our Mind-Body Studio (Studio-B), BARRE sessions blend Pilates with dance, cardio and strength training exercises which specifically target the arms, legs and core to strengthen and streamline the body.

**STABY YOGA** - Offered in our Mind-Body Studio (Studio-B), STABY sessions incorporate the STABY tool which is one of the most effective fitness tools in the market today. By adding the vibrational sensation created by the STABY, weakened intrinsic muscles are strengthened. This training method simultaneously trains the stabilizing muscles and the neuromuscular system. STABY sessions include STABY Flow (incorporates Yoga Flow work), STABY Core (incorporates mat-based exercises), and BARRE/STABY Core (blends BARRE and STABY Core).

**CROSS TRAINING PROGRAMS:** Cross training programs are designed with the highest value in mind, and focus on results, accountability and affordability. All cross training programs are led by nationally credentialed certified personal trainers and strength coaches. These fitness professionals are held to the highest standards and have the education and experience to ensure all participants receive the best workout possible based on their physical needs in a group setting.

**BOXING FITNESS** - We have developed an amazing fitness experience that can push you past plateaus and help you meet your fitness goals! Combines hit-free boxing and mixed martial arts with intense core and strength exercises. Whether you're looking to tone your muscles or shed some pounds, we offer group Boxing Fitness workout classes to fit all fitness levels.

**INTRO TO TRI** - Experience the training benefits of swimming, biking and running under the direction of our certified professionals! Improve your swimming in our comfortable indoor pool, gain endurance and improve cycling technique on our indoor Spin bikes, and improve running gait and functional performance while reducing injury. Learn tips on what to expect at a real triathlon (transitions, nutrition, recovery, etc.)

**XT60** - Functional cross training for 60 minutes. Moderate to high intensity dynamic warm-up, full body strength and conditioning, and core performance for athletes or those that just want to train and look like one! Held in the SGT Studio.