

# INVICTUS™

## PERFORMANCE & FITNESS CLASS

This class is 60 minutes and incorporates a fun and challenging combination of strength and conditioning. Most classes contain a thorough warm-up followed by strength progressions, and end with conditioning. During every class, the coaches take time to customize the intensity and skill to each member's ability and experience. First-time gym goers to advanced athletes enjoy these classes.

This strength class focuses on full-body resistance training using a variety of equipment including barbells, dumbbells, kettlebells, medicine balls, machines, and bands. Expect to build muscle, get toned and improve overall strength in this 60-minute class.

## MOTOR CLASS

This class is designed to help improve all aspects of conditioning. A well designed warm-up is followed by aerobic conditioning that can include a combination of rowing, running, cycling and free weights. Each session emphasizes different energy systems and aims to improve overall cardiovascular fitness. Our expert coaches help customize the training for each participant to drive the most out of this 60-minute class.

This 90-minute Olympic Weightlifting class focuses on improving technique and strength for the Olympic Lifts - the Clean & Jerk, and the Snatch. Everyone from beginners who have never touched a barbell to competitive Olympic Weightlifters will find this class valuable.

## MUSCLE CLASS

## OLY CLASS

## COMPETITION CLASS

This 90-minute class focuses on preparing athletes to compete in the "sport of CrossFit". Sessions contain elements of Olympic Weightlifting, strength training, high-skill gymnastics, conditioning, and CrossFit-specific skills like barbell cycling, sandbags, sled pulls, and other unique movements often found in competition settings. This is our highest volume and most technically demanding class offering, and our coaches are committed to helping all participants customize their training to their individual abilities.

Looking to improve mobility and stability? This 45-minute class is designed to help improve participant range of motion and stability in all major joints and tissues.

## MIND / MUSCLE CLASS

## STRONGER FOR LIFE CLASS

This 60-minute class focuses on improving flexibility, mobility, cardio, stamina, endurance, and strength to help improve overall quality of life. Each workout is customized to the individuals in the class. This class is perfect for:

- An older individual who needs to continue to move and maintain muscle as they age
- Someone recovering from an injury who might need a class that moves at a slower pace
- Individuals who want a gentler approach to group fitness
- Anyone looking for a community of people that can hold them accountable to move and improve their fitness but where they can also form friendships and have fun

This 60-minute class focuses on the skills, strategy, technique and fitness required to excel in the sport of Hyrox. Be prepared to sweat and build your capacity for Hyrox events through training sessions which include variations of upper and lower body pushing and pulling, carrying, and running.

## HYROX CLASS

## NUTRITION COACHING

Ready to make a change in your nutrition? Our personalized nutrition coaching program helps you build unique, sustainable habits to enhance your performance, body composition, and overall health. Focusing on the four pillars of wellness—sleep, movement, nutrition, and stress—our nutrition specialists tailor each program to fit your lifestyle, offering guidance, support, and accountability to drive lasting success.