

## Strength Training

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Strength & Conditioning classes are full body strength and conditioning training. There is no boxing in these classes, it is all strength training using free weights, kettlebells, body weight exercises and other resistance training equipment to get your metabolism stoked, shred fat and build muscle. These are intense, full-body workouts but, similar to Fitness Boxing classes, the reps and weight can be scaled so people of any fitness level can take them and benefit. These classes run on Tuesdays at 6:00pm.