

Descriptions of Group Personal Training

**FEES Apply. See Front Desk or contact the Fitness Director at kstevens@cherrycreekclub.com for more information or to sign up.



High intensity, competitive, interval training workout with plyometrics. 1 hour



Low Impact Functional Exercise. Total body workout for all levels to increase strength and cardio conditioning. 1 hour



Strength and conditioning of the back, bum, belly and shoulders. 1 hour



Introduction to MyZone Heart Rate training. Utilizing the MyZone Heart Rate strap to gain better results. 1 hour

Fast and Fit

Aerobic and Anaerobic conditioning for sports conditioning in a fast and fun environment. 1 hour

Playful Bootcamp

Total body conditioning in a non-competitive environment. 1 hour

Women on Weights

Improve functional strength, cardio conditioning in a safe environment. Women only please! 1 hour

Kettlebells

Learn a variety of movements for a total body workout utilizing the Kettlebells. 30 min.