

CHARLES ROLLINS FITNESS GROUP CLASSES 2015

CROSS TRAINING 101

CRF Cross Training 101 is a beginner level cross training class designed to teach you the basic mechanics and proper techniques for performing cross training exercise movements such as Olympic lifts, squats and more.

Attendance of this class is required in order to graduate into the CRF Cross Training class. Advanced level clients may grandfather into CRF Cross Training at the discretion of our personal trainers.

Fitness Level: Beginner/Intermediate

CROSS TRAINING

Get stronger, leaner and faster with CRF Cross Training! Cross Training is a combination of different exercise techniques that keeps your body guessing and changing. Through High Intensity Interval Training (HIIT), performance-based training, cardiovascular and aerobic exercises and Powerlifting, CRF Cross Training classes will help improve your endurance, agility and strength... and, of course, with a little nutrition advice, will help melt that fat away!

Fitness Level: Intermediate/Advanced

N.EX.T.

Tired of the same old Boot Camps, here's what's *N.EX.T.*? Neuromuscular Exertion Training (*N.EX.T.*) is a program designed by Charles Rollins Fitness to push your fitness to the *N.EX.T.* level. *N.EX.T.* will help you burn fat, increase speed and coordination, improve range of motion and flexibility, as well as increase muscle mass and gain endurance. Our instructors help you to perfect basic exercises and build on that knowledge to increase effectiveness.

Fitness Level: Beginner/Intermediate

POWERLIFTING

Take your body to another level with the CRF Powerlifting class. Powerlifting is a form of competitive weightlifting in which contestants attempt three types of lifts in a set sequence at maximal weight: **squats, bench press and deadlifts**. You will learn proper form to perform all three of the required lifts, as well as build the strength needed to perform these lifts at your maximum weight while maintaining perfect form.

Fitness Level: All

CONTINUED ON BACK

SPARTAN OBSTACLE TRAINING COURSE

The Spartan Obstacle Training Course is a high intensity obstacle course training program designed to prepare you for all the mud, walls, fire and barbed wire you can handle. If obstacle course racing is not your plan that's okay. You will benefit regardless by becoming your fittest you! Our motto is "You Against You!"

Split into three separate days, our Spartan trainers will help you to increase your endurance, build core strength and agility on body weight/plyometric day, and build up strength on functional movement day.

Let the CRF Spartan Team help you conquer any fitness fears or unpredictable challenges you may meet, including participating in an obstacle course race together as a team.

CRF is not an affiliate of Spartan Obstacle Races. We encourage participation in all mud and obstacle course races, including but not limited to Tough Mudder, Camp Pendleton Mud Run, etc.

Fitness Level: All

TRX SUSPENSION TRAINING

This class incorporates an arsenal of powerful, body-weight training tools to help tighten your core, build lean muscle and boost metabolism. Using TRX suspension bands, participants are able to challenge themselves to achieve their maximum potential.

Fitness Level: All

BODYBUILDING

As self-explanatory as it gets – This class is the practice of strengthening and enlarging the muscles of the body through exercise. Utilizing heavier weight you will increase your muscle size, as well as strength to improve your physical performance and physical aesthetics. Push your limits and challenge your body to become stronger than you had ever imagined!

Fitness Level: All

AthElite: SPORT SPECIFIC TRAINING

AthElite: Sport Specific Training is for serious athletes of any age and level, to enhance their ability to perform at their highest potential. No matter what sport you play a detailed program will be designed specifically to meet your needs as an athlete.

Fitness Level: All athlete levels