



## FEATURES

- ▶ 60 MINUTES
- ▶ TIME EFFICIENT
- ▶ PROFESSIONALLY DEVELOPED
- ▶ INSTRUCTOR LED
- ▶ EXPERT COACHING
- ▶ PROGRAMMED WITH OPTIONS
- ▶ ADJUSTABLE WEIGHTS
- ▶ AUTHENTIC STRENGTH TRAINING
- ▶ WHOLE BODY INTEGRATED STRENGTH
- ▶ DRIVEN BY MUSIC
- ▶ PERIODIZATION
- ▶ GROUP ACTIVITY

## BENEFITS

- ▶ EVERYTHING YOU NEED IN ONE HOUR.
- ▶ A GREAT WORKOUT, PERFECT FOR DOING A COUPLE TIMES PER WEEK.
- ▶ SAFE AND RELIABLE — YOU DON'T HAVE TO THINK IT UP.
- ▶ MOTIVATION. CONNECTION. COACHING.
- ▶ ENSURES A SAFE AND PERSONALIZED EXPERIENCE.
- ▶ INSTRUCTORS WILL GUIDE YOU THROUGH EVERY EXERCISE.
- ▶ DESIGNED FOR ALL FITNESS LEVELS AND EXPERIENCE LEVELS.
- ▶ GET MUSCLE STRONG WITH EXERCISES FROM THE STRENGTH TRAINING FLOOR.
- ▶ GET MOVEMENT STRONG AND STRONG FOR LIFE!
- ▶ WILL HELP THE WORKOUT FLY BY AND PROVEN TO HELP YOU WORK HARDER!
- ▶ NEW EVERY 3-5 WEEKS.
- ▶ PROVEN TO HELP IMPROVE EXERCISE ADHERENCE.

\*This resource can be downloaded from Management eSource.

GROUP  
**POWER**