

small group TRAINING



(march 17 - april 24)

MON	TUES	WEDS	THURS
	6:15 AM Cycle + Strength Fusion <i>Lizzie & Katie</i>		6:15 AM Cycle + Strength Fusion <i>Lizzie & Katie</i>
9:15 AM TRX + Kettlebell Fusion <i>Tal Gordon</i>		9:15 AM TRX + Kettlebell Fusion <i>Tal Gordon</i>	
5:00 PM Summer Strong & Sculpted <i>Keileigh Johnson</i>	5:00 PM Strength Training for Runners <i>Ethan Burbidge</i>	5:00 PM Summer Strong & Sculpted <i>Keileigh Johnson</i>	5:00 PM Athletic Foundations for Young Athletes <i>Ethan Burbidge</i>

POLICIES

Registration is for one SGT program and cannot be used to attend multiple SGT programs.

Small groups will require at least 3 participants to run.

No refunds will be given for classes unattended.

All programs are non-refundable and non-transferable.



Scan to register

Athletic Foundations for Young Athletes - Garage Gym Help your young athlete build their foundational skills and help them excel in future endeavors. This class is geared toward children aged 11-15, and will focus on building strength, endurance, and power, while also improving balance and coordination.

Cycle + Strength Fusion - Cycle Studio Get ready to power through an exhilarating combination of high-energy cycling and full-body resistance training! Join trainers Katie Brooks and Lizzie Featherstone for this dynamic class that alternates between heart-pumping cardio on the bike and strength-building exercises off the bike, using weights, bands, and bodyweight movements. Designed to improve cardiovascular fitness, build muscle, and boost endurance, Cycle + Strength Fusion provides a total-body workout in one session. Whether you're a seasoned cyclist or new to strength training, this class offers scalable options for all fitness levels. Feel the burn, break a sweat, and leave feeling stronger and more energized!

Strength Training for Runners - Garage Gym You may assume otherwise, but cardio based athletes can benefit from strength training just like any other athlete. Improving your cardiovascular fitness to bike and run farther puts a strain on your joints and muscles, and using training techniques tailored to this activity in a weightroom can help you achieve the result you're after.

Summer Strong and Sculpted - Garage Gym Summer Strong & Sculpted is an all ladies strength training class to prep and get toned for summer! Ladies it's time to feel strong & confident this summer! Summer Strong is a fun and empowering strength training class designed for beginners and intermediates who want to tone up, build strength, and feel good in their own skin. Whether you're new to strength training or looking for a fun way to stay active, Summer Strong & Sculpted will help you build muscle, boost energy, and step into summer feeling your absolute best.

TRX + Kettlebell Fusion - Garage Gym This high-energy, full-body workout combines the dynamic strength of kettlebell training with the functional power of TRX suspension exercises. Designed for all fitness levels, this class focuses on building strength, endurance, stability, and mobility through a series of compound movements and core-driven exercises. Expect a mix of strength, power, and metabolic conditioning that will challenge your muscles and elevate your heart rate. Whether you're looking to improve athletic performance, tone your body, or boost overall fitness, this class delivers results. Get ready to sweat, push your limits, and have fun!

