



CLASS DESCRIPTIONS

STRENGTH

STRENGTH30

This class focuses on full body strength using heavier weights and fewer reps to concentrate on each exercise resulting in muscle strength gains.

STRENGTH45

Strength45 will challenge your muscles in 45 minutes as you use a variety of resistance training equipment to result in a stronger, leaner you! Using the progressive overload training method, members will be able to track their progress in building muscle week to week. Prior lifting experience is recommended, but not needed. If new to ZONE360, please arrive 10 minutes early to meet with the instructor for a brief overview of the room and equipment.

CARDIO & STRENGTH

FUSION45

This advanced training class will utilize all equipment ZONE360 has to offer. The efficient combination of strength and cardiovascular exercises will challenge you with heavier weights and faster speeds. Format will vary each week. Prior lifting experience is recommended, but not needed. If new to ZONE360, please arrive 10 minutes early to meet with the instructor for a brief overview of the room and equipment.

ZONE360

Join this class for a dynamic 60 minute circuit training class designed to boost your full body strength and cardiovascular endurance. These classes alternate between high-intensity cardio intervals on the treadmill and rower, with segments varying from longer, steady paces to shorter, more intense bursts. The resistance training includes both heavy weights for lower reps and lighter weights for higher reps, utilizing a variety of equipment to ensure a comprehensive workout. Functional training exercises are incorporated to enhance your overall fitness and everyday performance.



Class registration will open at 12pm the day prior. For up-to-date instructor scheduling please refer to the WSC App and class listings. Class offerings and instructor scheduling are subject to change.

Due to the class format and allow members to enjoy the best experience, instructors will be closing and locking the door promptly at the start of class. We appreciate your timeliness and preparation. No exceptions will be made.

CLICK TO VIEW THE SCHEDULE

