

Need more information? Email Programs@ethosfitness.com

Train like an Athlete: Train with an Athlete

Armed and Sexy with Carlos

Get the upper body results you crave with this special toning formula. Look great in your little black dress with defined shoulders, back and arms.

4 week Program – *once a week – 30 minutes*

Cost: \$60; Non-member Cost \$72

Tues. 10:30 – 11:00am (SGTARMEDTUE)

Session 1

June 29, July 16, 13, 20

Session 2

July 27, Aug 3, 10, 17

Session 3

Aug 24, 31, 31, Sept 7, 14

Sat. 11:00 – 11:30am (SGTARMEDSAT)

Session 1

June 26, (no class July 3) July 10, 17, 24

Session 2

July 31, Aug 7, 14, 21

Session 3

Aug 28, Sept 4, 11, 18

Carlos is a former professional MLB Player.

Tabata Training with Cheryl

Tabata training is a very intense form of interval training designed to increase calorie burn and is considered one of the ultimate methods of fat loss and cardio conditioning. This program will offer interval training 20 seconds of high intensity, 10 seconds to recover, repeating each sequence for 8 cycles totaling 4 minutes.

4-week program – *once a week*

Cost: \$100; Non-Member Cost: \$120

Thurs 8:00am – 9:00am (Studio1) (SGTTABATA)

Session 1

June 17, 24, July 1, 8

Session 2

July 15, 22, 29, Aug 5

Box and Burn with Tony

A boxer's workout. Don't miss this premier session combining boxing, core training and basic training for the workout you've been waiting for.

Hand wraps required. Purchase in our retail area prior to first session.

4-week program – *once a week*

Cost: \$100; Non-Member Cost: \$120

Tues 7:30 – 8:30pm (BOXBURNTUE)

Session 1

June 15, 22, 29, July 6

Session 2

July 13, 20, 27, Aug 3

Thur 7:30 – 8:30pm (BOXBURNTHR)

Session 1

June 17, 24, July 1, July 8

Session 2

July 8, 15, 22, 29

Sun 7:45am – 8:45am (BOXBURNSUN)

Session 1

June 13, 20, 27, July 11 (no class July 4)

Session 2

July 18, 25 Aug 1, 8

Tony boxed competitively and uses his knowledge of boxing and corrective exercise for a knock-out workout.

Register at Reception.

All classes are subject to a minimum participation.