



EXPLORE TASC TRAINING

XTC Functional Fitness

XTC Functional Fitness uses (bodyweight/strength-based movements) in a high-intensity interval format to turn your body into a calorie-burning machine! This class accommodates all fitness levels.

XTC Functional Strength/Power

Get stronger and more powerful week by week, by utilizing your body weight, resistance, and bands. In this class that focuses on functional strength through time under tension, negative muscle movements, and isolation.

XTC Core/Mobility/Flexibility

Improve your core strength, range of motion, quality of movement, and flexibility using a variety of methods. This class is designed to help you do things in the gym so you can lead a healthy functional life.

XTC Spinerval

This class combines cycle, and resistance elements to push your body both physically, and mentally

XTC Cardio Kickboxing

Strike, kick, punch, jab, crunch, squat, and run! This class knocks out your muscles but leaves you feeling like a fighter!

XTC Zumba

Party your way into shape with this Latin inspired, calorie burning dance fitness party!



JOIN US FOR 2023

