



2127 Albany Post Rd.
 Montrose, NY 10548
 914-739-7755

FUNCTIONAL TRAINING CENTER

TRY OUR FUNCTIONAL TRAINING ROOM ONGOING CLASSES ON SCHEDULE

	M	T	W	T	F	S	S
9:30-10:15 AM		L.I.F.T. Meghan			L.I.F.T. Meghan		
6:15-7:00 PM			CARDIO BOX Meghan				

FUNCTIONAL FITNESS

A classification of exercise which involves training the whole body for the activities performed in daily life such as, bending, twisting, lifting, pushing, pulling, squatting and hauling.

L.I.F.T.

CARDIO BOX

LOW INTENSITY FUNCTIONAL TRAINING

A sustainable way to work your whole body and see improvements over time.

Move at a vigorous pace while learning boxing technique and training like a fighter!

ALL CLASSES WILL START IN THE FUNCTIONAL TRAINING ROOM. REGISTRATION IS REQUIRED.