



START GETTING STRONGER

Group Fitness Classes Descriptions

Pilates

A functional approach to strength & flexibility training. Pilates exercises are created to strengthen abdominal and back muscles by developing pelvic stability and abdominal control to improve your posture and form in all areas of your fitness program.

Yoga

A series of carefully designed postures with a strong emphasis on breathing, concentration, and flexibility. You'll strengthen the body while calming the mind.

Bootcamp -T3

T3 combines bootcamp and athletic styles of training for any level. Focusing on injury prevention, flexibility & mobility training, T3 offers a functional option to train hard, often, & different so your workouts are never the same.



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