

RFC GROUP CLASS DESCRIPTIONS

Athletic Conditioning workouts are designed to cover all the fundamental movements associated with athletics, including speed, agility, quickness, reaction time, flexibility mobility, strength and coordination.

Bridge workouts are designed to "bridge" the gap between rehab due to injury and/or illness to community workouts. Everyone works at their own pace and level with high level instruction and guidance to ensure proper movement mechanics and exercise form. This is our Goldilock's workout - not too hard, not too easy, just right for every BODY.

Cali Strength workouts are designed to use body weight and calisthenic exercise to promote strength and body awareness while mastering calisthenic movement skills. These workouts are perfect to take with you on vacation when no gym or equipment is accessible.

Endurance Fitness workouts are designed to use body weight and resistance training to enhance cardio and muscular endurance by developing strength and elevating your heart rate over long periods of time.

Foundational Strength workouts are designed to build strength making everyday activities easier to manage without injury.

Power and Speed workouts are designed to enhance reaction time by using fast, explosive movements and quick changes of direction to train the immediate energy in the body.

Regeneration workouts are designed to lengthen the body and use body weight as a means of resistance resulting in the regeneration of muscles and mobilization of joints.

Tabata workouts are designed as high-intensity interval training (HIIT) with repeated 8 rounds of 20 seconds each of hard work followed by 10 seconds of rest.

Wild Card workouts are designed to be fun, challenging you to use skills you have learned all week in your other classes.