



ANIMAL FITNESS

Bootcamp

CIRCUIT PROGRAM

ANIMAL FITNESS

CIRCUIT / CONDITIONING PROGRAM



Program Description

Our conditioning class is a fun and effective full-body workout that helps improve cardiovascular fitness, burn calories, and enhance coordination and balance. This program features kickboxing, weight & resistance training indoor spinning, Tabata, and HIIT exercises.

What to Wear

We recommend wearing comfortable and functional clothing that allows you to move freely and supports your physical activities. This includes athletic tops, fitness bottoms, athletic shoes and minimal/no jewelry.

Recommended Items to Buy / Bring

- MMA or Boxing Gloves
- Water Bottle
- Towel
- Smart Watch (Heart Rate Monitor)



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