

The Intensity Index

The intensity level of each class can be reasonably scaled up or down to meet your current needs or abilities.

ttg 3D BREAKTHROUGH *Easy*

ADDICTION WARNING! You may have been reluctant to try this class because you only want to allocate your "workout" time to getting in a drenching sweat. BREAKTHROUGH will make you sweat, but most importantly you'll quickly get more out of your training having rediscovered the joint range of motion you once had. Additionally, if you have some localized pain, BREAKTHROUGH's programming utilizes a variety of 3D flexibility, mobility, stability and strength driven exercises to address those common chronic pain areas (ankle, knee, hip, back, shoulder, elbow, neck, etc). This class is perfect for anyone that wants more out of their workouts, is hurting, or needs a nice compliment to GROOVE.

ttg 3D GROOVE *Easy/Moderate*

You can't crush your body everyday! If you feel like your body needs a little love but you still want to ramp up the intensity for a great sweat by sessions end - GROOVE is the class to attend. GROOVE is a class that starts with a heavy dose of restoration (foam rolls - bands - stretching), transitions to mobility and strength, then finishes with plenty of high power/ cardio movement. Perfect for anyone wishing to build a sustainable training week that is both challenging and restores vitality.

ttg 3D BURN *Moderate/Hard*

While you won't need running shoes for this class, every muscle from head to toe will be burning as you are taken through a program that isolates the lower body, core and upper body. Controlled movements (pulses, isometrics, tensioning, etc.) help create a burn program that gives you control over the intensity level of the class. Find out where your BURN threshold is and see the improvement from week to week.

ttg 3D SUSTAIN *Moderate/Hard*

You'll achieve and sustain a great sweat utilizing low impact cardio equipment fused with a variety of 3D exercises to address all areas of your body. We program sustain with longer endurance intervals to accumulate intensity throughout the class. If you are looking to really enhance your conditioning without feeling beat up - sustain is right for you!

ttg 3D ViPR *Moderate/Hard*

The Evolution of Free Weights! The ViPR is a tool created out of a need to bridge the gap between strength and 3 Dimensional movement training. ViPR training will work your entire body as one integrated chain with the most cutting edge tool in the industry.

ttg 3D CARDIO CORE *Moderate/Hard*

This class represents a blend of unique cardio conditioning and functional core training. It's perfect for those wishing to increase running performance as well as those simply wishing to stay/get fit. A variety of multi-directional locomotion (running, skipping, shuffling, etc) as well as treadmills, bikes, rowers and versaclimbers are used to get your heart pumping. We use intervals to blend cardio with core exercises designed around how the core is structured; so that you can convert your midsection into tight abdominals and a strong lower back.

ttg 3D PUMP *Moderate/Hard*

3D Pump provides the perfect intensity to quickly create muscular change but is designed to limit the most common types of injuries associated with this type of weight training. It is programmed to easily adapt to those clients looking to simply lean out or those wishing to add some muscle. A variety of dumbbells, barbells, bands and sandbags serve as tools to help take you to the place where real change is possible.

ttg 3D POWER *Moderate/Hard*

Come to power prepared to lunge, slam, squat, swing, lift, chop, throw, push, press and pull a variety of equipment to enhance every muscle in your body. It's total body training and it's all about power!

ttg 3D REV *Hard*

Rev it up and be prepared to work! We shut the entire facility down for just this class alternating sprints with full body exercises. REV is essentially our Power class reformatted to include a sprinting component! If you are not able or wanting to run/sprint? - no problem! We will set up a bike, rower or versaclimber instead, so you can still get in everything you want out of this class!

ttg 3D MELT *Hard*

If you are looking for the ultimate blend of cardio and strength without picking up a weight or running - then come to MELT.