

Our Functional Training class with Tracy Schuh combines strength and resistance to enhance daily activity and sport specific training. Functional Training utilizes plyometrics, a form of training that teaches muscles to produce maximum force faster. Plyometrics involves exercises such as hops, bounds and depth jumps. Functional Training is not for beginners and requires an orientation before participation. Train 2 days a week, 8 sessions for \$89 or 1 day a week, 4 sessions for \$59.