

correct.

**FUNCTIONAL STRENGTH
GROUP TRAINING**

Based on similar principles to our cardiovascular circuit training, this functional based weights circuit will test both your mental/physical strength and endurance. The circuits are built for trainers of all levels and abilities are well catered for with the appropriate education of our individualized prehabilitation and mobility training.

Expect the unexpected from these workouts as we target both muscle strength and endurance, whilst also pushing your heart rate within a constraint period of time. All of Corrects functional strength programs are designed to be measurable, giving you the control to track your own progress

UNLIMITED GROUPS

Choose from
multiple different
group classes
every week

\$70 p/w