

UGX (Ultimate Group Exercise)


TAKING GROUP EXERCISE TO THE NEXT LEVEL

According to Mayo clinic, "Functional fitness trains your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports." UGX transcends from the gym into the lives of our members. Its teachings are not limited to within the walls of the gym. That is just the seed, the beginning, the birthplace of the magic. UGX spills into our everyday lives. It's a feeling. A statement. An opportunity to look and feel your best while having the time of your life.

This heart-pumping group fitness class is specifically designed to provide a functional full-body workout while improving strength, aerobic capacity, mobility and body composition. Our partner program format helps members transform their lifestyle physically and mentally while encouraging community growth. The employment of our functional and circuit training workouts in our partner program creates a pulsing, upbeat environment where goals are exceeded and are the source of our strength. The key to fitness and long-term health is exercise and nutrition. When it comes to achieving your personal goals join our personalized nutrition program or group UGX Challenge.

CLASSES OFFERED

Mon | Wed | Fri | Sat
9:15am-10:15am

Tues | Thurs 
8:00am-9:00am

Tues | Thurs
6:00pm-7:00pm

FREE For Fitness Members
No Sign-Up Needed
Located at our 30 Oak St. site.

For more information, please contact Rick Bounds at rbounds@wtsc.com.

