

30 Minute Smart Series Workshops

Ask the Trainer



Trainers can make your workouts harder but their knowledge can make your life easier. Ask us a question via email, Facebook or suggestion box and we will be happy to answer.

All in One



If it's your first time and you are just learning or if you just like keeping it simple, this is the class for you. Experience a sample of Spin, Interval Training, Muscle Conditioning & Yoga (45 min class)

FITTsmart



Looking for more results, more options, fresh ideas, efficiency and safety in your routine? Learn about Frequency, Intensity, Time, and the Type of exercises to make the most of your workouts.

liftsmart



An effective and efficient approach to Resistance training that will deliver the results you want and need.

relaxsmart



Learn a wide variety of strategies to help you find and understand your sources of stress as well as take active steps to reducing the negative impact on your wellbeing.

Explore Your Core



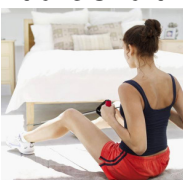
What is your core? 30 minute Introduction to Core Training. Improve Functional Daily Movement. Strengthen your core to relieve muscle tension in your back.

fuelsmart



Why do we eat and why do we need to eat? Learn the positive effects of eating healthy. Our fuelsmart workshop will inform you on how to plan for success by changing your negative habits into positive results.

travelsmart



We know that staying active and eating healthy can be a challenge for a person on the go. Check out travelsmart tips, tricks and techniques to make the most out of your day; even on the road.