



LEAVE IT ALL OUT ON THE TURF

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7AM VELOCITY		7AM VELOCITY		
8:30AM IRONWORKS		8:30AM IRONWORKS		8:30AM VELOCITY	8AM IRONWORKS
	9:30AM VELOCITY		9:30AM VELOCITY		9AM VELOCITY
5:30PM IRONWORKS		5:30PM VELOCITY			
6:30PM VELOCITY		6:30PM IRONWORKS			

X60 is an intense, total body strength training and metabolic conditioning experience! Join us for an hour of focused strength training in **Iron Works** where we will challenge you to turn up the intensity in these total body workouts! Compliment these strength sessions with an hour of **Velocity** – the most metabolically challenging workouts that Boston North has to offer! Our trainers know how to keep the energy high, the music loud, and the workouts fun in these Team style, dynamic and functional training sessions!

Ironworks is a total body strength training workout, designed to get you out of your comfort zone through a variety of functional and non-traditional training tools and methods. In **Ironworks**, you will accomplish feats of strength while burning fat, building muscle and achieving unparalleled results! **Ironworks** is where we will lift heavy and push intensity through a combination of sandbag training, prowler push and pulls, kettlebells, and more!

Velocity is all about speed! In this fast paced environment, you will be pushing the envelope in these mind-over-matter team style workouts. Here we will encourage you to dig deep with these higher volume, metabolically challenging workouts utilizing kettlebells, ropes, medballs, sleds, plyo boxes and more! **Velocity's** conditioning component is the perfect complement to the power oriented programs that you'll find in the **Ironworks** class.