



GLASS HOUSE

STRENGTH CLASSES

WEIGHTS

Build strength, endurance and stamina using various equipment, it could be a barbell, dumbbells, kettlebells or plates!

CORE

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

CONDITIONING

With a range of exercise techniques that includes aerobics, floor work, weights and resistance training, you're guaranteed a varied class that will hit those areas that other workouts miss.

WHAT IS STRENGTH TRAINING?

Any exercise that causes the muscles to contract against an external resistance. Expect to feel the burn in the muscles rather than the lungs.