

# ASCEND

TEAM TRAINING

## APRIL

SUN

MON

TUE

WED

THU

FRI

SAT

8:15AM  
HYROX

9:15AM  
HYROX

9:15AM  
STRENGTH

8:15AM  
HYROX

9:15AM  
BOXING

7:15AM  
STRENGTH

8:15AM  
BOXING

6:30PM  
HYROX

6:15PM  
BOXING

6:30PM  
STRENGTH

5:15PM  
BOXING

## HYROX Training Club Events

### HYROX TRAINING SIMULATION

SATURDAY, APRIL 11 | 7:45 AM

### HYROX TRAINING SIMULATION W/ DJ KEVIN

SATURDAY, APRIL 25 | 1:00 PM

INDOOR GYMNASIUM

\$25 for Members | \$35 for NonMembers

A one-hour, race-inspired training session combining functional strength and endurance in a high-energy, team-based environment.

\*ASCEND Packages Apply



\*UPDATED 3/30/26

# ASCEND

Experience the perfect blend of personalized coaching and community support in our Small Group Training sessions. Designed for all fitness levels, these workouts are accessible, motivating, and results-driven—making it easy to start (or level up) your fitness journey, no matter where you're starting from. Open to Members and Non-Members.

## ASCEND CLASSES

### HYROX

Experience race-inspired functional training with movements like carries, sled pushes, rowing, and lunges. This coach-led class builds stamina, strength, and performance in a team-focused environment.

### BOXING

Power up your workout with a small group training class that packs a punch. This high-energy session blends boxing fundamentals with strength and conditioning drills to improve agility, coordination, and endurance.

### BOOTCAMP

Push past your limits with a dynamic small group training class that blends strength, cardio, and functional drills for a full-body challenge. Bootcamp is designed to build power, endurance, and agility through high-energy circuits and motivating team-based workouts.

### STRENGTH

Develop total-body power and muscle endurance in this focused small group training class. Guided by expert coaching, this class is designed to help you lift with confidence, increase resilience, and achieve lasting results.

Classes with zero enrollment 12 hours prior will be cancelled. All classes are held in the Training Zone unless noted.

## HYROX TRAINING CLUB

As an Official HYROX TRAINING CLUB, ASCEND Team Training delivers structured, race-inspired programming that builds strength, endurance, power, and mental grit in a team-based environment.

HYROX is the world's leading indoor fitness race, combining running with functional strength movements like sled pushes, rowing, lunges, carries, and wall balls — all in a standardized format.

Our training prepares you to perform on race day while keeping coaching, safety, and community at the forefront.

### PRICES & PACKAGES

Single Session - \$25 / \$35

(Member / Non-Member)

1 Week Unlimited - \$45

(1st time participants only)

1-Month Unlimited - \$119

(Unlimited Recurring)

5-pack - \$110

(1-Month Expiration)

10-pack - \$150

(3-Month Expiration)

20-pack - \$250

(6-Month Expiration)

\*Members with the unlimited recurring option are committing to a month-to-month EFT withdraw, until cancelling no less than 7-days prior to next billing date.

\*No-show will result in loss of session or loss of pre-registration privilege.



## RISE ABOVE YOUR FITNESS GOALS