

Chakra Group Training

Chakra offers Group Training with a certified Personal trainer. Classes are limited to 8 people so participants receive maximum attention from the instructor. No two classes are alike! Full body work out. Please call or email to sign up. (Kathy@chakrapt.com) 781639-0247 You can create your own Group Train- please call to schedule. Grab your best buds for a kick butt work out

Chakra Boot Camp

Chakra Boot Camp provides the intensity of a personal training session with the motivation from a group environment. This includes killer calisthenics for functional movements, full-body muscle conditioning to tone and tighten, and heart-pumping cardio drills to increase speed and endurance.

Tuesday 5:45am- Kiki Thursday 5:45am- Kiki

Chakra Yoga

Power Vinyasa style with specialized sequences inspired by PranaVayu. Power Vinyasa style with specialized sequences inspired by PranaVayu. Come try a class, you know you won't be disappointed!

Mondays at 11am- Steph Greenfield

Tread 'N Shed

Experience the benefits of this cardiovascular class taught on the treadmill. This class utilizes sprints and walks with varying speeds and ramp heights with intervals of weight training while listening to heart pumping tunes! This is a hard-core, no-nonsense, fat burning workout. 50 minutes Call to schedule. 6 participants

Mondays 7pm-Kathy

Tuesday 9am- Kathy; Tuesday 10am-please call to verify - Kathy

Wednesday 6pm- Tabatha

Thursday 9am- Kathy

Friday 9am-Kathy

Saturday 8am - please call to verify

4 to 6 participants Sign up in advance!

(24 hour cancellation rule) They get full!!

TRX

Born in the U.S. NAVY SEALS and developed by Fitness Anywhere, Suspension Training is a revolutionary method of leveraged bodyweight exercise and you're in control. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Beginners welcome!!

Wednesday 6am TRX/Cardio with Molly/Tabatha