

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. 4 week sessions.

Please call to sign up.

Wednesday at 3pm-Kathy

Friday at Noon- Kathy

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.

Wednesday 5:45am- Kiki

Friday 5:45am- Kiki

Chakra Body Barre

Who says we can't bring Hollywood to Marblehead? Leave your tutu at home as you step up to the barre and join us for this revolutionary new workout. Focus on small and intensive isometric movements that help trim the thighs, lift the seat, flatten the abs and define the arms.

Monday 9am- Kiki

Tuesday 6pm- Molly

Wednesday 9am- Molly

Friday 9am- Kathy

Saturday 9am- Kathy

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. This is a hard-core, no-nonsense, fat burning workout. 50 minutes. 2 participants.

Call to schedule.