



Revitalize your fitness! Experience peak wellness with these ViaroFit classes and elevate your health journey today!



VIAROFIT FUNCTIONAL TRAINING

All classes are suitable for all ages and ability levels. They are designed to train all of the main muscles in the body while improving balance, stability, coordination, muscular strength, muscular endurance, and cardiovascular fitness. The coach will be able to make things easier or harder for you. Minor injuries that cannot be made worse with exercise can be worked around. Just let your coach know that you have limitations, and they can help you find the best exercise and intensity. Form and technique adjustment will be made in the moment and as needed. There are three class options—classes are 30 or 45 minutes.

BANDS AND BELLS

This class uses resistance bands, kettlebells, and potentially many more pieces of equipment to work all muscles and movement patterns. The instructor will provide variety and always keep the workouts effective and efficient through the use of circuits, tabatas, supersets, etc.

BODYWEIGHT ENDURANCE

This class focuses mainly on the resistance of your own body, with the occasional introduction of accessory exercise equipment. Endurance is often associated with high repetitions and a nice burn in the muscles. You will leave the class feeling that you worked hard and broke a sweat with the use of the best piece of equipment there is...your body.

CIRCUIT CONDITIONING

This class focuses mainly on circuit-style training. There could be any number of pieces of equipment used. Your workouts will be a series of several exercises stacked together with the goal being to complete a certain amount of rounds, repetitions, or time with minimal-to-no rest. Rest will be given to those who need it or after you have finished the grouping of exercises.



303 State Street | La Crosse, WI 54601
608-782-5029

Questions? Contact Colby Bruton, ViaroFit Manager
colby@viarohealth.com