

ALPHA FIT CLUB . WHAT TO EXPECT .

BEFORE CLASS

1. Arrive 15 minutes before your first class, We will introduce you to your instructor, and give you an overview of what to expect.
2. We'll give you a tour of the facility, a break down of how the class will unfold, an introduction to new equipment and you'll be able to some of our awesome members.
2. Snag a complimentary towel, throw your stuff in a charging equipped cubby, and get ready to CRUSH IT.

DURING CLASS

3. We've got everything covered, all you need is YOU.
4. Get ready to experience the difference of Alpha. This is not your typical group fitness concept. Our elite level coaches will take you through a dynamic warm up, 12 station circuit, challenging finisher, and proper cool down. You'll leave empowered and ready for more.

AFTER CLASS

5. Download the Alpha Fit Club app, sync up your personal heart rate monitor, check your calorie burn, then check out our class packs and membership & get ready to #jointhepack.

Alpha is more than a workout, it's a community of bad asses ready and willing to take things up a notch. Average is no longer enough. We're seeking greatness.