

WHAT IS CXWORX?

CXWORX is a 30-minute class that utilizes a mix of body-weight exercises, along with resistance tubing and plates to train the core muscles of the core. Instructors guide participants through body weight exercises like crunches and hovers, as well as hip, butt and lower back exercises using the tubing and weight plates. All moves have options, so it's challenging but achievable for every level of fitness.

WHAT IS THE ESSENCE?

Powerful, precise, technical and clear, while remaining fun and inclusive to all levels. Focus on a stronger, functional core - it's the glue that holds everything together.

KEY INSTRUCTOR TRAITS

**ATHLETIC & POWERFUL.
CONFIDENT.
POSSESSES STRONG
LEADERSHIP SKILLS.
ADVANCED CORE STRENGTH
TO ROLE MODEL ALL OPTIONS
IN AN INSPIRING WAY.
PERSONAL TRAINING
EXPERIENCE.**

CLASS LENGTHS



EQUIPMENT NEEDED

**WEIGHT PLATES.
RESISTANCE TUBE.**

