



WINTER CLASS TIMETABLE

CLASS DESCRIPTIONS

HYBRID CIRCUIT

HYBRID TRAINING IS THE COMBINATION AND AMALGAMATION OF CARDIOVASCULAR EXERCISE AND STRENGTH TRAINING. IN THIS CLASS, WE USE THE EMPIRE GYM SPACE AND ITS HYBRID AND STRENGTH EQUIPMENT IN A CIRCUIT FORMAT TO BRING YOU A STATE-OF-THE-ART TRAINING SESSION THAT FITS THE MODERN DEMAND FOR ALL THINGS HYBRID. EXPECT SUCH THINGS AS SKI ERGS, ROW ERGS, BIKE ERGS, CURVE RUNNERS, BARBELLS, DUMBBELLS, SLEDS, KETTLEBELLS AND MORE.

A.M.R.A.P OR E.M.O.M

THIS CLASS LITERALLY BRINGS A CHANGE OF PACE TO THE HYBRID FORMAT. IF THE CLASS TAKES AN AMRAP FORMAT (AS MANY REPS/ROUNDS AS POSSIBLE) IT WILL SEE YOU WORKING NON-STOP FOR 5-OR-6-MINUTE ROUNDS AT MAXIMUM CAPACITY, WITH 5 OR 6 MINUTES OFF FOR 5 OR 6 ROUNDS. SUPER HIGH INTENSITY WORK. AS CLOSE AS YOU ARE LIKELY TO GET TO VO2 MAX STYLE TRAINING HERE AT EMPIRE. IF IT TAKES AN EMOM FORMAT, YOU WILL BE WORKING FROM 30 TO 40 MINUTES, EVER MINUTE ON THE MINUTE. A CHANGE OF TEMPO, A DIFFERENT WAY TO BE DICTATED TO BY THAT UNFORGIVING CLOCK!! IT'S TOUGH, BUT A GREAT VIBE WITH INCREDIBLE CAMARADERIE WITH PEOPLE WORKING IN PAIRS. EXPECT BURPEES, AIR BIKES, BOX JUMPS, ERGS AND MORE.

ERG ENGINE

LOOKING FOR A CARDIO CLASS? THIS IS IT.
ERGS ONLY. BIKES, SKIS, ROWERS, CURVE RUNNERS, AIR BIKES.
BUILDING YOUR CARDIOVASCULAR ENGINE USING A VARIED SELECTION OF FORMATS. CIRCUITS, AMRAPS AND MORE. IMPROVING YOUR AEROBIC CAPACITY AND ENDURANCE IN HIGH INTENSITY AND/OR LONG STEADY STATE INTERVALS.

FUNCTIONAL& CORE CIRCUIT

FUNCTIONAL TRAINING, SUBTLY DIFFERENT TO HYBRID TRAINING LOOKS TO WORK WITH MOVEMENTS THAT IMPROVE YOUR FITNESS AND CAPABILITY IN DAILY LIFE TASKS AND MOVEMENTS.

THINK LUNGING, SQUATTING, TWISTING, THROWING, PRESSING, BATTLE ROPES, KETTLEBELLS, AND FLOOR WORK. IT WILL ALSO INCLUDE CARDIOVASCULAR ERGS. DONE IN A CIRCUIT FORMAT. IN ADDITION, THIS CLASS WILL ALWAYS HAVE A 'CORE' COMPONENT. THINK MOVEMENTS LIKE SIT-UPS, CRUNCHES, TWISTS, LEG RAISES, MOUNTAIN CLIMBERS AND MORE.

SENIOR CIRCUIT

MUCH THE SAME AS THE FUNCTIONAL CIRCUIT, SET AT A SUITABLE BUT CHALLENGING LEVEL AND PACE. A VIBRANT GROUP. EXERCISE AND SOCIAL CONNECTION ALL IN ONE. A GREAT UPBEAT ATMOSPHERE AND SENSE OF COMMUNITY TO THIS ONE

EMPIRE BARBELL

USING STUDIO AND OLYMPIC BARBELLS, WE WORK THROUGH AS MANY BARBELL MOVEMENTS AS POSSIBLE, TARGETING ALL MUSCLE GROUPS. THE FORMAT WILL BE, EITHER A SUBDIVIDED BLOCK BY BLOCK MOVEMENT FORMAT OR A CIRCUIT. TYPICALLY, PEOPLE WORK IN PAIRS. RUGGED AND TOUGH. THIS ONE WILL LEAVE YOU ACHING FOR DAYS!

WEIGHTS AND MACHINES CIRCUIT

EMPIRE IS UNIQUE, WE HAVE A SUPERB HYBRID/FUNCTIONAL SPACE BUT WE ARE ALSO A TRADITIONAL GYM WITH MACHINES! WE USE THIS OPPORTUNITY IN THIS CLASS TO CHANGE THE PACE WITH HYBRID STRATEGIES ALONG SIDE TRADITIONAL GYM MACHINE MOVEMENTS. THINK BARBELL SQUATS ALONG SIDE LEG PRESSES, DUMBBELL PRESSES AND ROWS ALONG SIDE SEATED CHEST/SHOULDER PRESSES AND LOW ROW MACHINES, THINK BUMPER PLATE GROUND TO OVERHEADS ALONGSIDE HYPER EXTENSION MACHINES... THE TRUE ROUNDED GYM EXPERIENCE IN A CIRCUIT FORMAT.

BOXING AND CORE CIRCUIT

THINK 50% BOXERCISE, 50% CORE CLASS!
BOXING MOVEMENTS ALONGSIDE CORE MOVEMENTS LIKE SIT-UPS, CRUNCHES, TWISTS, LEG RAISES, MOUNTAIN CLIMBERS AND MORE.

