

# CLASS DESCRIPTIONS

## 11 DIFFERENT CLASSES...

### Firstly, we are an official HYROX Gym. What is HYROX?

"HYROX combines both running & functional workout stations, where participants run 1km, followed by 1 functional workout station, repeated eight times.

Each race is hosted indoors in expansive exhibition halls, creating an immersive and electrifying race, where your spectators can support you from the very beginning to the very end.

This race format remains consistent across the globe, enabling global leader boards & a cumulative World Championships at the end of each race season.

Accommodating both professional athletes, and everyday fitness enthusiasts looking to take their training to the next level, HYROX is the sport for everybody."

## OUR CLASSES:

### HYROX ENGINE:

HYROX ENGINE classes focus on developing endurance in a number of ways.

Ranging from aerobic capacity to lactate threshold to muscular endurance and stamina to speed! Participants will become faster runners, increase their work rate, and improve their ability on ergs.

The class focuses on high repetition and increased distances, challenging you in unique ways.

This can lead to improved muscular strength, enhanced cardiovascular resilience and overall increased performance in a range of physical activities. The class can also include compromised running and speed drills. The class can take a variety of formats including a circuit training approach or AMRAPs (As Many Rounds/Reps As possible)

### HYROX POWER:

HYROX POWER classes are comprehensive workouts that, with HYROX principles in mind, focus on developing strength in all forms.

Centred more on traditional strength and power training, rather than HYROX specific skills and aerobic fitness.

The class can take a variety of formats including a circuit training approach or AMRAPs (As Many Rounds/Reps As possible)

### HYROX COMPLETE:

HYROX COMPLETE classes are comprehensive and complete workouts. The holistic approach to these classes ensures that all aspects of physical training including the aspects included in ENGINE and POWER classes while also including specific HYROX race skills and disciplines.

The class can take a variety of formats including a circuit training approach or AMRAPs (As Many Rounds/Reps As possible)

### FUNCTIONAL CIRCUIT

Typically working in pairs this is the quintessential Functional Fitness class. A Functional 'Circuit' involving a constantly varied list of movements. The timings are varied too. Varying work time, rest time and order and combination of an almost limitless portfolio of Functional Training disciplines.

For example, let's say, Sled push, Bike Erg, Wall Balls, Olympic Barbell Complexes, Air Bike, Sprints, Burpees to Box, Dumbbell Cleans, and so many more.

## SENIOR CITIZENS FUNCTIONAL CIRCUIT

On the gym floor, we set aside a session dedicated solely to up to 20 'senior' participants allowing people to take part in a full body 'circuit' using a wide range of equipment. This class is set at a pace suitable for all, and options will be available dependent upon ability.

## STUDIO BARBELL

On the gym floor, using studio barbells and wooden plyo boxes. In a structured, multi sectioned format, set to timed intervals and occasionally barbell 'complexes' (several movements linked together), this class will see you pushing, squatting, lunging, stepping, performing ground to overhead movements, barbell thrusters and more. Essentially utilising a barbell and a box in as many effective and creative ways imaginable to build muscle, increase muscular endurance and improve cardiovascular endurance.

## BOXERISE

A classic. A class of real fun and intensity.

Boxing techniques, burning shoulder muscles, serratus muscles, triceps, back, core... Total body.

And this is a cardiovascular test too! Hard work! A superb all-rounder of a class.

## BOX & ROX

Functional Circuit Training meets Boxercise. A hybrid of two of our most popular classes.

In a circuit or AMRAP (As Many Rounds/Reps As Possible) format.

Upper cuts meet burpees, meets sled pushes meets kettlebell swings...

Always different, but always incorporating functional movement alongside boxing and pad work.

## BODYWEIGHT AMRAP

Strictly zero equipment! Just you, your body and myriad movements.

In an AMRAP (As Many Rounds/Reps As Possible) format, participants pick from a hat, the number of rounds, the work time, the movements used... its great fun and always guaranteed to be a random but extremely effective combination of bodyweight only movements.

Think squats, lunges, press ups, burpees, split jumps, sit ups, crunches and more and more...

## CORE

On the gym floor, a class dedicated to working on your core which will take a varied format. Of course, expect the classics, crunches, twists, holds, planks, raises, flutters, mountain climbers. Always varied. A staple to complement all your other classes and gym work.

## INDOOR CYCLE

Fun and diverse in its style and structure. The indoor cycling class is a constantly varied cycle class with fun playlists and a less formal approach. A superb cardiovascular and muscular leg endurance challenge. A great workout!

**EMPIRE**  
GYM & HYBRID TRAINING  
'FOR EVERYONE'

OFFICIAL  
HYROX GYM