

Performance

Core Classes



Get (More) Fit: The best all-around strength and conditioning class in the Valley.

Our core class is a dynamic and challenging 60 minute class designed to strengthen the core while incorporating the entire body and increasing endurance, flexibility, strength and power.

- ◆ New sessions starting every few weeks, but you can drop in any time. Contact the staff members listed below for more info or to reserve a spot.

- ◆ Scottsdale:
Cycling and Run Specific Core Class: email ian@endurancerehab.com for times and cost.

- ◆ Phoenix:
Tuesday and Thursday at 6 AM Kristina Lott at Klott@endurancerehab.com

- Cost: \$100 per month unlimited for the Phoenix Class

From a client...

"I have become more efficient in my training as well as built more confidence due to the strength I have gained. Every time I leave class I know I have worked harder than I ever would on my own. They really know how to challenge us and they always keep it exciting." - Anna Alexopolous, Arizona Ironman finisher 2005

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