

Testimonials

"Go for it! I think it's a great instructor-led class that would be complimentary to the fitness routine of people at any level. The group setting can also help drive you to push yourself more than you otherwise would have which helps make the most of the 30 minutes."

~A.W.

"MX4 is unbelievably hard for 30minutes, but the time flies by!" ~L.K.

"If you do not have a lot of time to spend at the gym it is a great way to get in an effective workout." ~J.M.

"(My MX4 Coach) brings great energy to class and keeps me motivated to come back. She also provides guidance, modifications, and feedback when an exercise doesn't feel right." ~B.S.

"Before signing up for mx4, I was not as consistent with my workouts at the club. Sometimes, group classes would overbook or the times my regular classes ran wouldn't fit my schedule. Since I pay a little more for mx4 and because I love the 30 minute diverse schedule, small group training and because you use so many different muscle groups on a regular basis, it has worked! I feel stronger and I have more stamina to push myself!!: ~K.S.

"When I signed up for the (demo), I'd fallen out of regularly going to the gym. Going into it, I was a bit nervous I wouldn't be able to keep up. It's definitely one of the most challenging workouts I've done in awhile, but at 30 minutes it's also over before you know it. I've gone from hoping I can make it through to wondering if they'll ever offer a longer version of the class. There's just something so powerful about giving your max effort at something, and the format of the classes really encourages you to go all out again and again. It's really increased my physical confidence." ~ B.T.

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