

COLLABORATION STATION™



Community Class

1194 Oakfield Avenue
Wantagh, New York 11793

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Collaborationstationny.com



Collaboration Station is excited to offer our first group fitness class. This class incorporates a variety of exercises and training modalities to keep participants engaged and challenged. High-energy activities such as cardio intervals, strength training circuits, and dynamic movement sequences are interspersed throughout the session to build endurance, strength, and agility. Besides physical benefits, the class emphasizes holistic wellness by integrating mindfulness and stress relief. Cool-down stretches, breathing exercises, and brief moments of reflection allow participants to reconnect with their bodies and minds, promoting a sense of balance and overall well-being.

- Dynamic Warm-Up
- Cardiovascular Conditioning
- Strength Training Circuits
- Interval Training
- Core Strengthening
- Flexibility and Mobility
- Cool Down and Relaxation
- Motivational Coaching
- Variety and Adaptability
- Community and Support

This course will run weekly for eight weeks for one-hour sessions. The cost is \$75.00 per session.

To attend, please scan the QR code
or email us at Collaborationstationny@gmail.com

