

GROUP POWER @ TAC!!! Join us today!

Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

What is involved in a class? Group Power uses moves from traditional strength training and programs these movements to music, creating a simple, fun and effective way to train in groups. The class starts with a comprehensive warm-up, followed by eight songs that focus on specific muscles groups, and finishes with a well-earned stretch.

Who is Group Power for? Group Power is for just about anybody, aiming to remove to barriers of age, gender and fitness background. Whether you are an inactive person interested in getting fit or an athlete looking for a training edge, Group Power delivers.

--New exercisers will be successful in Group Power because of the simplicity of the class. Is a great starting point to develop strength and confidence.

--Group Power is fantastic for women because it is a form of weight-bearing exercise, which is proven to reduce the incidence of osteoporosis.

--Group Power is perfect for the time-pressed exerciser. 2 times a week is all you need to get great results fast!

--It is perfect for cross trainers who want to add strength training into their workout.

--Even the serious weight trainers of the world marvel that Group Power is great to work the muscles a different way.