



XPF™ Studio is a membership-based facility where members can attend XPF™ team training, small group training, community classes or personal training sessions. Unlike traditional gyms, XPF is a functional training studio with open space and few machines. We are committed to blending intelligent physical movement and mental focus for a safe and challenging experience. Elevate your physical and mental performance with our zoned training programs.

RESTORE ●

Therapeutic techniques, foam rolling and deep stretching will teach you how to prevent injuries and maintain optimum performance.

YOGA ●

In our Ashtanga-style yoga class. You will practice stretching in combination with proper breathing techniques to improve your flexibility, posture and alignment.

TOTAL CORE ●

Build fundamental core strength, stability and endurance.

CONDITIONING ●

Aggressive training focused on proper core engagement, kinetic linking and high intensity interval training (HIIT), will help you maintain core strength, balance and endurance.

DANCE2FITNESS ●

D2F is a fun, vigorous, prime workout that infuses high-intensity, functional fitness movements into choreographed dance routines. Expect increased energy, fat loss, improved coordination and cognitive functioning.

SEXY SATURDAY ●

20 minutes of full body stretching followed by 30 minutes of learning sexy choreographed dance routines.

X OVER ●

Blends elements of Conditioning and Met Burn to help improve baseline strength, cardiovascular endurance, stability, core engagement and mobility.

METABOLIC BURN ●

Advance training that combines cardio, functional and compound movements using a variety of tools. You'll experience an extended fat burn, improvements in muscle tone, functional strength and power.

PURE STRENGTH ●

With this full body circuit, you will build muscle through focused strength training and muscle isolation.

ENTER THE KETTLE BELL ●

The Kettle Bell is the ultimate tool for building unparalleled strength and power. In this class you will learn the basic movements of Russian kettle bell training.

RUSSIAN KETTLE BELL TRAINING ●

Utilizing ancient Russian kettle bell techniques, this full body workout will improve overall power output, strength, and stamina.