

CHIP FIT



CHIP FIT is a chance to work on strengthening, core, cardio and improve over all fitness. You will be doing compound movements such as squat to press and plenty of multidirectional lunges, to help you move better in your day to day life. Compound movements simulate more real life situations and challenges.

Starting in March, Chip Fit will be Monday's @ 11, Wednesday's @ 10:15 and Friday's @ 10:15 at our Riverwood location