

Services

PILATES

PILATES APPARATUS is Classical Pilates taught on Reformer, Tower or Chair. Prerequisite 3 Privates.

REFORMER JUMP includes the jumpboard for a cardio challenge. Prerequisites: 3 Privates.

PILATES MAT is a vigorous sequence of Classical Pilates Mat exercises and flowing transitions.

BARRE

VAULT BARRE is a total body barre cardio workout, inspired by Pilates and Ballet. Grip Socks Required.

VAULT BARRE STICK is a Barre class with resistance stick to challenge the core. Grip Socks required.

YOGA & TRX

TRX YOGA will allow you to come into poses deeper and stronger than ever. Release tension while improving strength and mobility.

TRX STRENGTH & TRX FUSION utilize the TRX Suspension Training system to challenge strength, stability and stamina. TRX Fusion incorporates weights and other props into the class

VINYASA YOGA is a more athletic approach to Yoga, combining flowing postures and sequences.

YIN YOGA is a gentle class that increases flexibility and releases stiffness by holding seated or reclining postures for 2-5 minutes.

CYCLING & TREADMILL

TREAD & SHRED is a signature Vault Fitness interval workout that combines 25-30 minutes of conditioning on the Woodway treadmills and 25-30 minutes of strength training.

VIBE RIDE is a heart pumping, high energy, music driven, heart rate based, indoor cycling class.

RIPPED RIDE is a heart pumping, high energy, music driven, heart rate based, indoor cycling class that incorporates an upper body component with weights and bands.

CONDITIONING

SMALL GROUP TRAINING is an innovative program designed for the specific needs of the group to improve overall conditioning.

TOTAL BODY HIIT is a calorie burner! This action packed HIIT class alternates cardio and strength.

TRAMP CAMP is a unique interval training class; challenge your cardiovascular system with jumps, runs and explosive moves.

FIGHT FIT BOXING is a strength and conditioning class that incorporates boxing, kickboxing, and MMA moves. Beginners are welcome.

HOT SCULPT & TONE is a barefoot, high intensity workout in a heated room that will tighten, lengthen, and sculpt your total body.

VAULT FITNESS BOCA RATON

New Client Welcome Specials

2 WEEKS - ALL GROUP CLASSES | FREE Locals Only

THREE PRIVATE SESSIONS | \$195
** Required to join group apparatus classes
(\$65/session)*

THREE SEMI PRIVATE SESSIONS | \$120
(\$40/session)



VAULT FITNESS - BOCA RATON
9930 Clint Moore Rd, D101, Boca Raton
boca@vault.fit | 561.483.4160

PLEASE RESPECT OUR 12 HOUR CANCELLATION POLICY TO AVOID CHARGE.

WWW.VAULT.FIT

WWW.VAULT.FIT