



BODYROXFS

TurfHouse



SIGNATURE CLASSES

1. 300 (PUSH DAY - TUESDAY)

300 total reps of upper-body pushing movements: chest, shoulders, triceps.

Built for volume, pump, and form mastery.

2. 300 (PULL DAY - THURSDAY)

300 total reps targeting posterior chain: back, biceps, rear delts, hamstrings.

Great for growth, posture, and strength balance.

3. BLOCK PARTY (SATURDAY SPECIAL)

Full community workout – loud music, relay formats, group circuits, and outdoor energy.

Built for fun + sweat.

4. BODYROX

The flagship hybrid HIIT class mixes strength blocks, cardio bursts, and full-body athletic circuits. Always high-energy, partner-based, and fast-moving.

5. BOOTYROX

Lower-body sculpt class focusing on glutes, hamstrings, quads, and core stability.

Expect burns, bands, and isolation work.

6. BOXROX

High-octane, fast-paced EDM beat class using step boxes.

This involves some rhythm.

7. CROSSFIT

Strength + functional conditioning using barbells, rigs, and metabolic work. The most athletic lifting class in the system. Skilled performance sessions

8. DUOROX

Partner-based class: team circuits, synchronized reps, and duo challenges. Fun + accountability + shared intensity. Great for couples.

9. FAITH & FITNESS

Sunday slow-strength + prayer-centered conditioning. A reflective, community-minded workout experience.

10. FIELD WORK

An outdoor class built on engaging with the environment around us (fields, hills, stairs, etc). Great for lung capacity, quads, and athletic stamina.

11. HAKROX

Strength + power class using sledgehammers, slam balls, and kettlebell explosive movements.

A raw functional strength workout.

12. HYROX

Competition-style stations (sled push/pull, wall balls, burpees, farmers carry + running).

Designed to prep members for HYROX competitions.

13. IRON & THE WORD

Faith-based session for men only. It is open to men of all fitness levels

14. JUMPROX

Mini-trampoline cardio mixed with rhythm, balance, and conditioning.

A joint-friendly but intense cardio burner.

15. LUNGE-A-THON

100% lower-body endurance session built around continuous lunging patterns and leg stamina.

16. MOBILITY

Deep stretching + joint mobility + range-of-motion training. Perfect for recovery, performance prep, and posture improvement.

17. OPEN GYM

Non-coached access.

Clients train independently under safe supervision.

18. RUNROX

Outdoor endurance and speed training.

Sessions alternate between tempo runs, intervals, and pacing drills.

19. ROWROX

Rowing machine conditioning paired with functional off-rower strength and core work.

Great for full-body endurance and technique.

20. ROX50+

Low-impact fitness class tailored for older adults.

Focus on mobility, strength maintenance, and safe conditioning.

21. STRENGTHROX

The signature strength-training session targets all major muscle groups. Based on structured sets, tempo lifting, and progressive overload.

22. TABATAROX

High-intensity interval training using Tabata timing (20s on / 10s rest).

Explosive, sweaty, and calorie-burning.

23. VIGOROX

An outdoor class built on engaging with a fast-paced combat-conditioning fusion. Focuses on grit, tempo, and non-stop combat movement.

24. WOD (WORKOUT OF THE DAY)

CrossFit-inspired simple functional workout using strength and cardio components.

Varies daily – always challenging.

25. ZOROX

Animal-flow-inspired mobility and strength patterns: bear crawls, crab walks, gorilla hops, reptile crawls.

Great for movement quality and mobility.

