

fitness at urban monkeys

personal training

based on a comprehensive stability and movement analysis our trainers will create fitness programs designed to improve an individual's functionality and body awareness. this fun and challenging program will be a fantastic addition to a healthy lifestyle.

movement analysis and postural (MAP) assessment*

the postural assessment allows our training staff to construct exercise programs that specifically target an individuals needs. the assessment will include:

- observation of static posture - how you deal with gravity
- dynamic posture - how your body moves, and what compensatory patterns you may have developed
- comparative range of motion - testing the length-tension relationships around joints
- core assessment - the ability of your core musculature to stabilize our skeletal structure

*reassessments are done quarterly.

hours of operation:

tuesday - friday

6:30 am - 8:00 pm

saturday

9:00 am - 3:00 pm

classes

work out in an encouraging and motivating group environment in which every member will be challenged and rewarded. open to all fitness levels.

adult yoga

T @ 6:30 or TH @ 6:30 (one hour)

enjoy the community of others while you move from pose to pose. no yoga experience required.

adult cardio fitness

W @ 6:30 am

gain strength and improve your posture and flexibility in these fun and highly effective training sessions. cardio and core movements are combined with one-on-one coaching to get you in shape.

urban monkeys

jungle for kids • oasis for grownups
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