

ALTITUDE FACTOR™

MORE THAN JUST
A FITNESS CLASS

ALTITUDE FACTOR™ TRAINING classes are structured instructor led classes. They are designed to promote weight loss, aerobic condition, agility, muscle development and tone. In addition, other benefits include flexibility, core strength, relaxation and stress management. Training at altitude delivers a never experienced before new dimension to the classes, providing you with the ability to achieve new heights and goals.



FAST

FAST (Functional Altitude Speed Training) Providing a fully diverse range of structured, functional, instructor driven classes to challenge the enthusiastic beginner to professional athlete. Altitude provides a new dimension to the classes never experienced before providing you the ability to achieve new heights and goals.



FAST-20-BLAST

A 20-minute blast of intensity. The pure definition of High Intensity Agility Training. This instructor driven class is designed to challenge the enthusiastic beginner to professional athlete.



ALTI YOGA & ALTI BOX

You love Yoga but you feel that something is missing! If you practice Yoga or Pilates, you may be missing out on the benefits of higher intensity exercise. Alti YOGA Integrates the altitude factor into Yoga and Pilates sessions. Our Alti YOGA, Alti BOX area is a multipurpose room easily transformed from Alti YOGA to Alti Pilates and Alti Box group boxing classes.

GAIN THE ALTITUDE ADVANTAGE:

Simulated altitude training specialists XTREME International with education partner Altitude First International (AFI) introduce ALTITUDE FACTOR™

3 Key Advantages for your clients:

- 1. Time efficient exercise**
- 2. Increased metabolic demand leading to accelerated weight loss**
- 3. Improved body composition profile through fat loss and gain in lean body mass**

SUPPORT AND EDUCATION

The ALTITUDE FACTOR™ education program develops your teams knowledge and skills through a combination of online theory and face to face workshops. Development of an in-house head trainer combined with the AFI online platform ensures ongoing team support and education for your trainers.

Invest in ALTITUDE FACTOR™ A clear pathway to successfully introduce a simulated altitude training environment in to your group fitness program.

Contact: sales@xit-sys.com