



COMPOUND CREW

GROUP TRAINING WITH RENÉE MIRON

Join the compound crew! This results-driven group fitness program is designed to build real strength and lasting fitness. Centered around the foundational compound movements – squats, deadlifts, rows, and presses – this program will help you move better, lift stronger, and feel more capable every day.

Each class will highlight and master a compound movement, combined with high-intensity interval training (HIIT) to challenge your cardiovascular system, ignite fat loss, and boost overall endurance.

Targeted core work will be included to build stability and resilience where it matters most. Whether you're new to training or looking to refine your form and push your limits, the compound crew will deliver structured, efficient workouts that prioritize progress and performance.

\$300
FOR 6 WEEKS

JUNE 16TH - JULY 24TH

MONDAYS & THURSDAYS

8:45AM – 9:45AM

CONTACT RENÉE TO SIGN UP: 707.490.8097