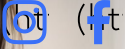


# X-CORE

studio



HOME (/)  
SCHEDULE  
ALL LOCATIONS (/SCHEDULE)  
GRAND AVE (/GRAND-AVE)  
PIEDMONT AVE (/PIEDMONT-AVE)  
UPCOMING EVENTS (/EVENTS)  
ABOUT  
OUR WORKOUTS (/OUR-WORKOUTS)  
POLICIES & FAQs (/POLICIES-FAQS)  
COMMUNITY (/COMMUNITY)  
BLOG (/BLOG-PLUGIN)  
PRICING (/PRICING)  
TEAM  
X-CLIMB (/XCLIMBINSTRUCTORS)  
X-BURN (/STRENGTHINSTRUCTORS)  
CORA AND ELAINE (/CORANDELAINA)  
CONTACT (/CONTACT-US)  
LOGIN () (HTTP://WWW.XCORESTUDIO.COM/SCHEDULE)  
BOOK CLASS (/SCHEDULE)



X-CORE IS

**HIGH INTENSITY.**

**LOW IMPACT.**

DROP-IN OFFERS

We work out Smarter. Stronger. Faster. BEST.

At X-CORE, you'll see a breakthrough in your athleticism by challenging your body and mind to bring it to the neXt level. No matter what level of athleticism you are, we leverage music and communal energy to push towards a common goal of achievement.

RESERVE  
CLASS  
(/SCHEDULE)

# OUR WORKOUTS

***STRENGTH TRAINING + PILATES + HIIT***

***40 MINUTES OR LESS***

WE OFFER THE MOST EFFICIENT AND EFFECTIVE  
CARDIO & STRENGTH CLASSES TO BURN FAT,  
KICK START METABOLISM, AND BUILD  
STRENGTH.

CLASSES ARE INTENSE ON THE MUSCLES AND  
LOW IMPACT ON YOUR BODY.

DROP-IN OFFERS



# CARDIO

30 minutes in our beat-based **X-CLIMB** class will make you sweat and leave you shredded.

[LEARN MORE \(/our-workouts\)](#)

[BOOK CLASS \(/piedmont-ave\)](#)



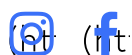
# STRENGTH

[DROP-IN OFFERS](#)

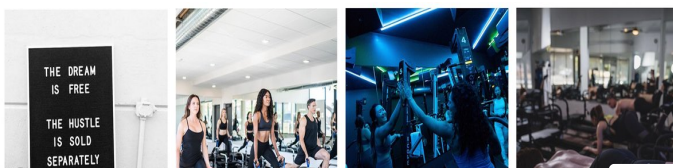
X-BURN is our coveted **high intensity pilates** class that will strengthen, lengthen and tone your muscles in just 40 minutes.

**LEARN MORE** (/our-workouts)

**BOOK CLASS**  
(/schedule)

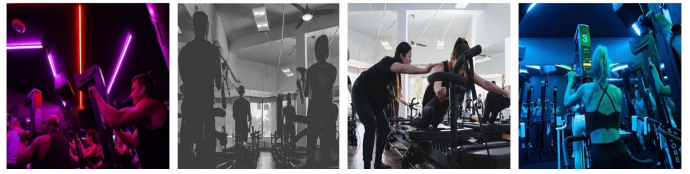


FOLLOW US ON INSTAGRAM  
([HTTP://INSTAGRAM.COM/XCORESTUDIO](http://instagram.com/xcorestudio))



OWN A STUDIO (/OWN-A-STUDIO-1)

**DROP-IN OFFERS**



# X-CORE Updates

\* Email

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(<https://apps.apple.com/us/app/x-core-studio/id1479474177>) ([https://play.google.com/store/apps/details?hl=en\\_US&id=com.fitmetrix.xcorestudio](https://play.google.com/store/apps/details?hl=en_US&id=com.fitmetrix.xcorestudio))

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DROP-IN OFFERS

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