



Wheel House Rolls Out New Core Strength and Circuit Group Fitness Program

Local SF Group Fitness Company Announces New Fitness Program Using Flexline AIR DCT System.

SAN FRANCISCO (February 13, 2017). Wheel House®, a group fitness studio offering Yoga, Core Strength, TRX and Indoor Cycling classes, announced the rollout of its new Core Strength and Circuit program that uses the new Flexline AIR Dynamic Cable Trainer (AIR DCT).

“The Flexline AIR DCT allows Wheel House to provide a unique group fitness experience where guests can quickly and safely add or remove weights during a routine - all through the push of a simple button and without cluttering the floor; reducing the risk of injury”, said Carl Morley, Founder and CEO, Wheel House.

Flexline’s AIR DCT couples pneumatic pistons with bluetooth enabled Smart Handles, allowing guests to adjust weight on the fly at the touch of a button. An onboard computer and touchscreen track and display watts, weight and other performance metrics. “Wheel House is the first studio to offer purposely designed environments for Yoga, Core Strength, TRX and Indoor Cycling. With Flexline technology and Wheel House, guests will be able to track key metrics during a class and later this year access their progress historically”, added Suhail Maqsood, Founder and COO, Wheel House.

Wheel House Core Strength and TRX classes can be reserved and managed online by visiting www.wheelhouse-sf.com. Guests can drop in for a class, purchase a class package or pay for an unlimited number of classes via a monthly membership fee.

About Wheel House

Wheel House is an award-winning fitness studio dedicated to the combination of Yoga, Core Strength, TRX, and Indoor Cycling group fitness classes. Wheel House offers over 100 fitness classes per week that have been carefully designed to provide participants with challenging, safe, and efficient workouts with the busy professional in mind. The Wheel House facility is just over 7,500 square feet and includes a Yoga studio, Core Strength studio, Indoor Cycling studio with 50 bikes, and restrooms complete with showers. The Wheel House fitness facility has the latest technology with some classes incorporating performance metric tracking measures that can be analyzed over time. For reservations or more information about Wheel House, call 1-415-666-2288 or visit: www.wheelhouse-sf.com.

Contact:

Suhail Maqsood
Wheel House
Lobby Level, One Embarcadero Center
San Francisco CA 94111
(415) 666 2288
[Email](#)

Facebook: <http://www.facebook.com/wheelhousesf>

Instagram: <http://www.instagram.com/wheelhousesf>

Twitter: <http://www.twitter.com/wheelhousesf>

