

IntensityX3 to Offer The First P90X Fitness Program in Boca Raton

/EINPresswire.com/ Strategic Partnership Brings Live P90X Fitness Classes To Boca Raton.

[IntensityX3](#) today announced that they will be offering the first certified [P90X fitness classes in Boca Raton](#), Florida. The P90X program will be offered live at Boca Kickboxing Monday through Friday and will be led by certified P90X instructors.

"Bringing the proven results and track record of the P90X program to our gym in Boca Raton gives our members confidence in the fact that they are going to lose weight, build muscle and get in the best shape of their life," said [Allan Prince](#), P90X Instructor and Co-Owner of IntensityX3. "Our goal is to bring the most efficient and effective fitness programs to the public, and P90X has proven itself to be the best there is."

IntensityX3 also has the distinct pleasure of having the P90X fitness classes in Boca Raton run by Dash Kellner, who is currently one of only eight P90X Master Instructors in the United States and the only Master Instructor in the entire state of Florida. On the Weekends Dash travels nationwide teaching the P90X program to Trainers. "Having a P90X Master Instructor lead the class means that clients are getting the absolute best instruction possible, another powerful reason to choose IntensityX3 over another facility," says Allan Prince.

P90X is a comprehensive 90-day program that consists of a variety of intense workouts; including resistance training, body-weight training, plyometrics, ab work, kickboxing, stretching, and yoga. Based on the science of Muscle Confusion, the structure and variety of P90X ensures that participants never plateau and can achieve amazing results.

Founded by Dash Kellner and Allan Prince, IntensityX3 has evolved from offering private personal training to offering the worlds most cutting edge fitness program in a group format. "When I first heard about getting P90X certified and being able to offer the P90X program in a gym, I knew this was going to be the next big thing in gyms and private training facilities. I've met so many people who have had amazing results with P90X in-home and I was elated with the idea of incorporating the energy and synergy a group fitness setting. I just had to be a part of this



P90X Group Fitness Class In Boca Raton

from the beginning," says Trainer Dash Kellner.

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