



Led by Beth Zagurski

FAQ's

Where will L2L take place?

L2L classes will take place at SOAC's Pool. The BOTE Fx Dock System is tethered between two lap lanes to create a floating "Liquid Studio". The land portion will take place in SOAC's new outdoor Land Studio, coming soon.

Why L2L Training?

L2L is small group, specific training based on outdoor recreation. Natural movement based training that will take place in the Land Studio will utilize different equipment to train the body in fun and challenging ways. The result is a workout that complements your regular gym workout.

Who benefits from L2L Training?

The short answer is EVERYONE! Through smart program design and private training we can accommodate participants of all ages and physical capabilities. Our initial program will be appropriate for participants with a general level of fitness. Those who are wanting to participate in hobbies like running, paddle boarding, hiking, and biking can benefit from L2L training.

Can kids participate in L2L? YES!

We are so excited about our L2L KIDS program. Children will have a blast exercising on the BOTE Fx Dock system. Classes will be "game based" so kids can improve balance, strength, flexibility, and cardiorespiratory fitness while having fun! Some land based training will be incorporated as well. All training will focus on how to move safely.

How do members join the L2L program?

Members register online at SOACITUP.COM/LIQUID-2-LAND.

What are L2L excursions?

L2L excursions give members a chance to take the fitness they develop in the program to the great outdoors! Excursions can be anywhere from 2 hours to ½ day to a full day. Some planned excursions include SUP on the Lakes, Paddle and Brunch on the Bogue Falaya, Historical Hike at Port Hudson. There will be a full schedule in 2021.

Do I have to be in shape or an experienced outdoors person to participate?

NO! We will meet you where you are at whether you feel you are "out of shape" or regularly competing in races.

What are the benefits of exercising outdoors vs indoors?

Physical exercise is more effective outside in the elements than inside on controlled machines and its environment. Our bodies are challenged in different ways in outdoor settings. Exercising outdoors helps alleviate depression with regular doses of sunshine and fresh air. Being outside boosts the immune system. Outdoor activities are often fun which helps increase motivation!

What happens in the event of inclement weather?

We will utilize our Land studio more when weather is harsh. We will have make up classes for "rain out" days.

What should I wear/bring?

Dri fit fabrics work best. Fitted tops, shorts or leggings function well. No loose clothing. Be sure to bring a towel and a water bottle!

Is SOAC an authorized dealer of BOTE boards? What does that mean?

SOAC is STOKED to be an authorized dealer of BOTE boards (coming soon). This means we can rent and sell BOTE products to our members and the general public. We will have a fleet of various models of BOTE boards in 2021 for excursions and demos. This means you can try your board before you buy it! We will have all the accessories you'll need for your paddle board passion as well as private lessons to help you get started safely and effectively.