

LARGE GROUP TRAINING

ALL LARGE GROUP WORKOUTS CONSISTS OF 10-14 MEMBERS
WITH THE EXCEPTION OF POWERFIT & TREKKING

TIMES	MON	TUE	WED	THU	FRI	SAT
5:30AM - 6:00AM	TRX TRAINING (CHEST & SHOULDERS)		TRX TRAINING (LEGS & CORE)		TRX TRAINING (BACK & ARMS)	
6AM - 6:30AM	TRX TRAINING (CHEST & SHOULDERS)		TRX TRAINING (LEGS & CORE)		TRX TRAINING (BACK & ARMS)	
7AM - 7:50AM		GROUP TRAINING (SHAWN)				
8AM - 8:50AM						POWERFIT (JEN/COLETTE) 8AM-8:50AM
9AM - 9:50AM	POWERFIT (JEN)	GROUP TRAINING (SHAWN)	TREKKING (JEN)	TRX TRAINING (ZACH)	GROUP TRAINING (ROSS)	GROUP TRAINING (LISA/JEN)
10AM - 10:50AM			GROUP TRAINING (JEN)	POWERFIT (JEN) 10AM-11:30AM		
5:30PM - 6:20PM		GROUP TRAINING (VANESSA)	TRX TRAINING (LISA G.)			
6:30PM - 7:20PM	K-BELL TRAINING (ANNE MARIE)	POWERFIT (JEN)		GROUP TRAINING (JEN)		

DESCRIPTIONS

POWERFIT (CARDIO KICKBOXING)

This non-stop challenge of a workout focuses on skills and combinations that professional boxers and kickboxers strive to perfect as well as the drills they use to improve overall physical endurance.

TREKKING

Are you bored on the treadmill? Always looking at the clock? Come try this new "treadmill class." You will be surprised just how much you can do on a treadmill, and never have to worry about looking at the clock again...come out for a sweatin' good time!

TRX TRAINING

A total body workout engaging your core, improving your flexibility, and building lean muscle.

K-BELL TRAINING

Burn calories and strengthen your body in ways that mimic everyday activities.

LARGE GROUP TRAINING

Large group classes will challenge you in a fun atmosphere with the latest and most innovative programs in the fitness industry.

PARTICIPANTS MUST SIGN UP 1 HOUR PRIOR TO SESSION TIMES, AS SPACE IS LIMITED.
WITH THE EXCEPTION OF POWERFIT & TREKKING.

SMALL GROUP TRAINING

ALL SMALL GROUP WORKOUTS CONSISTS OF 2-4 MEMBERS

TIMES	MON	TUE	WED	THU	FRI	SAT
8AM - 8:50AM						SMALL GROUP (VANESSA)
9AM - 9:50AM	SMALL GROUP (SHANNON)	SMALL GROUP (ROSS)	SMALL GROUP (SHANNON)	SMALL GROUP (JEN)		
	STOTT PILATES® (ARJA)		STOTT PILATES® (ARJA)			
10AM - 10:50AM	SMALL GROUP (JEN)	SMALL GROUP (ROSS)	SMALL GROUP (VANESSA)			
4PM - 4:50PM	SMALL GROUP (VANESSA)	SMALL GROUP (SHANNON)	SMALL GROUP (ROSS)	SMALL GROUP (SHANNON)		
5:15PM - 6:15PM			STOTT PILATES® (ARJA)			
5:30PM - 6:20PM	SMALL GROUP (JOEL)	SMALL GROUP (SHAWN)	SMALL GROUP (CHRIS)	SMALL GROUP (JEN)		
6:30PM - 7:20PM	SMALL GROUP (VANESSA)	SMALL GROUP (CHRIS)	SMALL GROUP (COLETTE)			

DESCRIPTIONS

SMALL GROUP TRAINING

Receive the benefits of individualized training in a group atmosphere. The daily workout is based on the most recent training principles which includes fat burning, strength building, core training & flexibility. Each session will hold a maximum of 4 people and will be delivered by a certified personal trainer who is qualified to modify the exercises while providing constant guidance.

AVAILABLE TO ALL GOLD MEMBERS...STOTT PILATES® MAT CLASSES:

A dynamic full-body workout that focuses on improving flexibility and core strength with exercises that stretch & tone all muscle groups.

PARTICIPANTS MUST SIGN UP 1 HOUR PRIOR TO SESSION TIMES, AS SPACE IS LIMITED.