



December Signature Series Trainer-Led Small Group Workouts

Women on Weights- Learn new training tips from our trainer in a group setting. Your trainer will assess your current fitness level and set you up on a personalized plan and progress you based on your needs!

Freemotion Fitness- Toning, core, & strength training. The focus is on continuous movements that target all muscle groups for overall conditioning.

G.I.T. Fit- Group Interval Training structured with interval circuits, alternating high-moderate intensity using kettlebells, disc, bosu balls, steps, plyoboxes, logs, punching bags...

TRX Functional Core & Strength- Develop power, strength, balance, and mobility with effective full-body strength training.

TRX45- Engage your muscles with a non-stop workout, building overall strength, balance, and endurance.

TRX Circuit Training- Develop core power and improve muscular endurance with a full body workout using the TRX straps and various other equipment.

TRX- Kettlebell Fusion- Challenging class that includes cardio intervals, strength and balance movements utilizing a combination of TRX,, and kettlebells for a full body workout.

Fusion Strength- Improve your bone density, muscle tone, balance, and strength with this weight bearing workout. This class is 45 minutes which includes strengthening using Freemotion Cable Columns, hand weights, body bars and balance balls followed by a full body cool down/stretch. Can be modified for all levels.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRX45 5:00-5:45am Mathias	Women on Weights 7:00-8:00am Karen	TRX45 5:00-5:45am Mathias	Women on Weights 7:00-8:00am Karen	Women on Weights 7:00-8:00am Karen	TRX Circuit Training 9:00-9:45am Mathias	TRX Circuit 7:45-8:30am Mathias
TRX-Kettlebell Fusion 9:45-10:45am Debbie	Freemotion 8:45-9:45am Debbie	Women on Weights 7:00-8:00am Karen	Freemotion 8:45-9:45am Debbie	Freemotion Plus Abs 8:30-9:45am Debbie		
TRX Circuit Training 6:15-7:00pm Jeannie	Women on Weights 9:00-10:00am Karen	Fusion Strength 9:30-10:15am Karen	Women on Weights 9:00-10:00am Karen	Fusion Strength 9:30-10:15am Karen		
	G.I.T. FIT 10:15-11:15am Debbie	TRX-Kettlebell Fusion 9:45-10:45am Debbie	G.I.T. FIT 10:15-11:15am Debbie			
		TRX Circuit Training 6:15-7:00pm Mathias				
				Classes will be reviewed after week one.	*Must have a minimum of 5 in attendance for classes to run.	

First class \$43/ mo

Second class \$33/mo

Third class \$23/mo

OR

Unlimited when you level up to the Exercise Level for \$50/month*

*must register to reserve a space and