



## November 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
<b>TRX45</b> 5:00-5:45am Mathias	<b>Women on Weights</b> 7:00-8:00am Karen	<b>TRX45</b> 5:00-5:45am Mathias	<b>Women on Weights</b> 7:00-8:00am Karen	<b>Women on Weights</b> 7:00-8:00am Karen	<b>TRX Circuit Training</b> 9:00-9:45am Mathias	<b>TRX Circuit</b> 7:45-8:30am Mathias
<b>TRX-Kettlebell Fusion</b> 9:45-10:45am Debbie	<b>Freemotion</b> 8:45-9:45am Debbie	<b>Women on Weights</b> 7:00-8:00am Karen	<b>Freemotion</b> 8:45-9:45am Debbie	<b>Freemotion Plus Abs</b> 8:30-9:45am Debbie		
<b>TRX Circuit Training</b> 6:15-7:00pm Jeannie	<b>Women on Weights</b> 9:00-10:00am Karen	<b>Fusion Strength</b> 9:30-10:15am Karen	<b>Women on Weights</b> 9:00-10:00am Karen	<b>Fusion Strength</b> 9:30-10:15am Karen		
	<b>G.I.T. FIT</b> 10:15-11:15am Debbie	<b>TRX-Kettlebell Fusion</b> 9:45-10:45am Debbie	<b>G.I.T. FIT</b> 10:15-11:15am Debbie			
		<b>TRX Circuit Training</b> 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