



TRAINER LED CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00-5:45am TRX45 Mathias	5:15-6:30am Ultimate Interval Challenge TBD	5:00-5:45am TRX45 Mathias	7:00-8:00am Women on Weights Karen	7:00-8:00am Women on Weights Karen
9:45-10:45am TRX-Kettlebell Fusion Debbie	7:00-8:00am Women on Weights Karen	7:00-8:00am Women on Weights Karen	8:45-9:45am Freemotion Debbie	8:30-9:45am Freemotion Plus Abs Debbie
6:15-7:00pm Freemotion Jeannie	8:45-9:45am Freemotion Debbie	9:30-10:15am Fusion Strength Karen	9:00-10:00am Women on Weights Karen	9:30-10:15am Suspension Training for Active Seniors Karen
*Must have a minimum of 5 in attendance for classes to run. Classes will be reviewed after week one.	9:00-10:00am Women on Weights Karen	9:45-10:45am TRX-Kettlebell Fusion Debbie	10:15-11:15am G.I.T. Fit Debbie	
	10:15-11:15am G.I.T. Fit Debbie	6:15-7:00pm TRX Circuit Training Mathias	6:15-7:00pm Power Strike Ashley A	
	6:15-7:00pm G.I.T. Fit Pauly		6:45-7:30pm Strength & Stretch Dave K	
		Registration Required!	FEES: First Class \$43/mo Second Class \$33/mo Third Class \$23/mo	
SATURDAY 9:00-9:45am TRX Circuit Training Mathias	SUNDAY 7:45-8:30am TRX Circuit Training Mathias			

SEPTEMBER 2018

Or Upgrade to our Exercise Membership

Ask how you can upgrade to our Exercise Membership to attend all of these classes and more for only an additional \$50 a month!!!

SIGNATURE SERIES TRAINER-LED SMALL GROUP WORKOUTS

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

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.

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

Power Strike- Provides a full-body strength and conditioning workout, incorporating various body weight exercises within boxing rounds to create a high-intensity boxing fitness experience.

Strength & Stretch- Flexibility and Mobility are essential components for independence and quality of life. Improve your posture, mobility, and strength by learning the many modalities of self-stretching. The class will include strength exercises that help develop full body flexibility.

Suspension Training for Active Seniors- Learn how to use the TRX® Suspension Trainer to improve function, assist with balance and coordination. Offers strength, balance, coordination and conditioning workouts. Improve function, assist with balance and coordination while getting a full body workout utilizing the safety and support of a suspension trainer.

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 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.

Ultimate Interval Challenge- Drop in anytime between 5:15-6:30am. You'll find a challenging interval workout waiting for you. Start your stopwatch and move through a challenging circuit incorporating strength and cardio challenges. Leader board times will be posted so you can track your workout.

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!

*Classes that do not meet the minimum attendance requirement can be removed from the schedule at any time.