



TRAINER LED CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00-5:45am TRX45 Mathias	7:00-8:00am Women on Weights Karen	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	8:45-9:45am Freemotion Debbie	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	9:00-10:00am Women on Weights Karen	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.	10:15-11:15am G.I.T. Fit Debbie	9:45-10:45am TRX-Kettlebell Fusion Debbie	10:15-11:15am G.I.T. Fit Debbie	
	 6:15-7:00pm G.I.T. Fit Pauly	6:15-7:00pm TRX Circuit Training Mathias	 6:15-7:00pm Freemotion Ashley A	
			6:45-7:30pm Strength & Stretch Dave K.	
SATURDAY 9:00-9:45am TRX Circuit Training Mathias	SUNDAY 7:45-8:30am TRX Circuit Training Mathias			

Registration Required!

JULY 2018

FEES:
First Class **\$43/mo**
Second Class **\$33/mo**
Third Class **\$23/mo**

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

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- 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...

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

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.

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.

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