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TEAM TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00a Pilates Equipment Meghan A.	5:30-6:30a Regular Leigh				
9:00-9:30a Core Jolene	7:30-8:00a Consistency Sam			6:30-7:30a Regular Sam	
9:00-10:00a TRX & Balance Sam	8:00-9:00a Regular Carol		7:30-8:00a Consistency Sam		
9:30-10:00a Tread Strong Leigh	9:00-10:00a Regular Carol	9:00-9:30a Regular Carol		8:30-9:30a Posture & Balance Sam	
10:00-11:00a Boxing Fitness Alta	9:00-10:00a Regular Sam	9:15-10:15a Pilates Equipment Alta		9:30-10:30a Pilates Equipment Alta	8:00-9:00a Regular Jolene
10:00-11:00a Posture & Balance Sam	9:30-10:00a MRT Leigh	10:30-11:00a Regular Carol	9:30-10:00a MRT Shauna	9:30-10:30a Regular Carol	8:30-9:00a H.I.R.T. Leigh
11:00-12:00p Regular Gillian	10:00-11:00a Boxing Fitness Alta	10:30-11:30a TRX Alta		10:00-10:30a Boxing Fitness Sam	9:00-10:00a Regular Leigh
2:00-3:00p Senior Pilates Meghan			10:30-11:30a Regular Carol	10:00-10:30a Core Jolene	10:00-11:00a Strength Intervals Jolene
4:00-4:30p TRX Jolene		11:30-12:30p Pilates Meghan A.	11:00-12:00p Posture & Balance Sam	10:30-11:00a Flexibility Jolene	
4:30-5:30p Regular Carol		1:00-2:00p Regular Gillian			
6:00-7:00p Regular Carol	5:30-6:00p Strength Remy	4:00-5:00p Regular Jolene		3:45-4:45p Regular Carol	
6:30-7:30p Regular Jolene	5:30-6:30p Pilates Equipment Meghan A.	5:30-6:00p Regular Carol			Shaded boxes = child care is available
6:00-7:00p Pilates Equipment Meghan A.	6:00-7:00p Regular Bree	6:30-7:30p Pilates Equipment Meghan A.	6:30-7:30p Pilates Equipment Meghan A.	ONLY \$27/hour or \$13.50/half hour You must purchase 10 sessions and reserve a weekly time slot. Min. 2, Max. 4 participants.	

Specialty Team Training Descriptions



Boxing Fitness - Challenge your muscles and empower your mind with drills used by the pros. Punch and kick your way to a lean mean toned body. Feel invigorated and strong from this cardio and strength training workout!



Consistency - The key to being healthier, more fit, and energetic... is continuity and consistency in exercise. This team training is scheduled two days a week to get you to the gym consistently for a well rounded program.

Core - Your core consists of more than just your abs and a strong core is essential for movement and balance! Exercises will focus on core stabilization, strength, and endurance.



Flexibility - Stretching can help relieve muscle pain, improve your range of motion, and decrease your risk of injury. This Team Training will include dynamic, static, and partner stretching.



H.I.R.T. - This "High Intensity Resistance Training" will blast you into the best shape of your life. If you are having a hard time with the last few pounds or just want to take your fitness to the next level, this is the training for you!



MRT - Metabolic Resistance Training is an intense strategy for increasing strength, torching fat and improving overall physical fitness. This circuit style training use various resistance training variables. Recommended for intermediate and advanced levels.

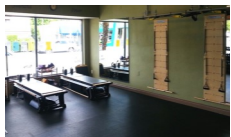


Pilates Equipment - Pilates conditions the entire body with a strong emphasis on the core. These low impact exercises will help you improve your strength, flexibility and joint mobility. Use the Pilates Reformer, Chair & Arc for an excellent full body workout.



Posture & Balance - If you suffer from back or neck pain, it may be due to poor posture. Improve your strength, flexibility, balance and confidence, while alleviating pain and risk of injury.

Strength & Balance - Strengthening your core muscles, will improve your balance and improve your ability to move your body with skill and control, which is vital for accomplishing day to day tasks.



Senior Pilates

As we age, postural misalignments, due to work and day to day stress, can become very real issues. Pilates will help correct these issues by focusing on: core strength and control, hip and pelvis stability, spinal flexibility, and balance control. Senior Pilates will bring strong focus on controlled movement.



Strength Intervals - Strength Intervals will be an exciting fusion of total body strength training and cardio intervals specifically developed to maximize fat loss and improve endurance and coordination. No matter where you are in your fitness journey this work out will give you the opportunity to propel yourself to the next level. All fitness levels welcome.



Tread Strong - An effective 30 minute fat burning, strength building workout utilizing the treadmill with intervals of strength exercises. This team training will increase cardiovascular and strength endurance. All fitness levels welcome.



TRX Suspension - TRX allows you to unload and leverage your bodyweight while performing strength, balance, mobility and flexibility exercises. This enables you to instantly modify any exercise to your available range of motion or level of strength to safely get as strong, agile and powerful as you can be!