

# Team Training Program Schedule

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

5:00 a.m.		9:30 a.m.				
				12:00 p.m.		
5:15 p.m.		6:15 p.m.	5:15 p.m.		6:00 p.m.	

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

	8:00 a.m.			9:00 a.m.		
6:15 p.m.			6:15 p.m.			1:30 p.m.

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

			9:30 a.m.	5:00 a.m.		10:30 a.m.
	5:00 p.m.		5:15 p.m.			

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

9:00 a.m.		5:00 a.m.			9:30 a.m.	
		10:00 a.m.		10:00 a.m.		
6:30 p.m.	5:15 p.m.		Gravity Foundations 5:15 p.m.			

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

Kids Training 5:00 p.m.		Kids Training 5:00 p.m.				Kids Training 10:00 a.m.
	Kids Training 6:00 p.m.		Kids Training 6:00 p.m.			

## Afterburn

Maximize calorie burn & increase metabolic rate.

## Foundations

For beginner levels of fitness. An introduction to our Afterburn workout.

## Industrial Strength

Focused on building strength.

## Gravity

This class uses a glideboard on a cable-and-pulley system. These exercises use your body weight combined with gravity.

## Kids' Training

Keep the kids active with this fun and engaging workout.

See Session Descriptions on Reverse Side

# Team Training Program Schedule

## Afterburn

A true metabolic workout, this cutting-edge class combines functional exercises, kettlebells, resistance & TRX suspension training. These classes also incorporate calisthenics and plyometrics with bouts of cardio intervals of jogging, sprinting, hills and stairs. There is little rest in between exercises in an effort to maximize calorie burn and increase your metabolic rate during and after the workout. You'll train like a top athlete, but at a pace you can handle.

## PowerPlate Training

Shake yourself into shape with this innovation in exercise that the celebrities swear by. Vibration Training with the PowerPlate system, uses a vibrating platform on which you perform exercises such as squats, lunges and planks. The vibration recruits stability in more muscles. You can warm up, workout and cool down on the PowerPlate as it increases circulation, strength and growth hormones. This low-impact system improves strength and flexibility with minimal effort and is perfect for aging seniors or rehabilitation patients.

## Industrial Strength

If your focus is to build strength, this class is for you. These interval-timed sessions increase strength and intensity compared to our metabolic-focused Team Training sessions. Ready to take your workout to a stronger level? Give it a try!

## Foundations

Whether you've never lifted a weight in your life, or if you're returning to a workout routine, these sessions concentrate on introducing you to the concept of functional training. These classes include weight training workouts for beginner levels of fitness.

## Gravity

This 50-minute program challenges both strength and cardio using a cable-and-pulley system with a glideboard that can be inclined to various degrees. You will then either sit, kneel or lie on the glideboard as you push or pull against the resistance of the incline. These exercises use your own body weight combined with gravity, working the entire body.

## Gravity Foundations

Geared more towards the beginner level of fitness, combining stability on the glideboard, cardio circuits, and strength using the cable-and-pulley system.

## Kids' Training

Just like adults, kids need exercise, too - at least one hour a day. Not only is it good for their bones, muscles and joints, but for confidence and mental focus as well.



*For additional program schedules, visit [dacsouthaven.com](http://dacsouthaven.com) or download our DAC Fitness App, available through iTunes or Google Play*