



# Adult and Youth Fitness Specialty Group Exercise

**Pre-registration is required for all paid classes!**

**Free preview week prior to the session start date!**

**Next Session Starts June 4th**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
	8:30-9:00 Rocket Runners (6-8y/o)  Jessica				8:30-9:00 miniWERQ (Youth)  Angela
	9:00-9:45 Rocket Runners (9-12y/o)  Jesssica	9:30-10:00 Mini WERQ  Angela	9:00-9:45 TRX HIIT  Jackie		
10:15-11:00 TRX HIIT  Machele	9:15-10:00 Women On Weights  Jackie	10:15-11:00 Equip  Jackie			
11:15-11:45 Kids FIT  Michelle		11:00-11:45 Teen FIT  Michelle			
PM	PM	PM	PM	PM	PM
			4:00-4:30 Speed and Agility (8-12y/o)  Mike		
		5:30-6:15 Women On Weights  Jackie	4:45-5:30 Speed and Agility (13-15y/o)  Mike		
6:45-7:30 Equip  Liz H.	6:30-7:15 Equip  Jackie				

## SPECIALTY GROUP EXERCISE CLASS DESCRIPTIONS

### Small Group

This is an affordable way to take advantage of a trainer's

	expertise, creativity and motivation at a lower cost. Trainings are for 4-8 participants, creating smaller, intimate classes with more individualized attention.
<b>Equip</b>	This small group training includes cardio bursts, resistance training, and focuses on strength and agility using but not limited to TRX, Bosu Balls, Sliders, Bikes and Stability Balls.
<b>TRX HIIT</b>	A small group training class that includes body weight resistance training, core strengthening, and cardio bursts. The TRX Suspension System, Bosu Balls and Stability Balls will be used.
<b>Women On Weights</b>	Looking to make strides and gains in the weight room, but not sure where to start? This small group setting is just for you! Let us help you feel comfortable and confident to train in our wellness room with proper technique!
<b>TRX Teen</b>	This is a full-body workout in a small group setting that incorporates the TRX Suspension Training System as well as other equipment. Teens will benefit from the camaraderie of group training as well as the individualized attention of a trainer.
<b>Kids/Teen F.I.T</b>	Functional Interval Training that uses boot camp, HIIT, cardio and strength training to give you a great workout.
<b>Kids Yoga</b>	Yoga for kids can help build confidence, body awareness and focus on the breath as a tool for centering. This class will feature stories, partner dynamics, animal sounds and laughter.
<b>Speed and Agility</b>	This is class is for any skill level looking to improve their current athletic performance. Exercises are designed to improve overall quickness, strength and coordination.
<b>Rocket Runners</b>	Children will run their way into fitness through traditional running drills as well as games, special activities and challenges. All running abilities are welcome.
<b>miniWERQ</b>	Kids will have a blast with Kids' WERQ, the fiercely fun dance fitness workout class based on kid-friendly versions of pop, rock, and hip-hop taught by Certified WERQ instructors and designed just for kids.
<b>Speed &amp; Agility</b>	This is a great class to help improve current athletic performance. Exercises and games will help improve overall quickness, strength and coordination, along with footwork and core strength.