



Specialty Group Exercise Small Group Personal Training

Pre-registration is required for all paid classes!

Starting June 5th 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
5:00 – 6:00 Boot Camp Matt/Tiffany	5:00 – 6:00 Boot Camp Matt/Tiffany	5:00 – 6:00 Boot Camp Matt/Tiffany	5:00 – 6:00 Boot Camp Matt/Tiffany	5:00 – 6:00 Boot Camp Matt/Tiffany	
9:00 – 10:00 Small Group Jodi	8:00-8:45 Aqua Pilates Jodi	8:30-9:30 Small Group Training Jodi	8:00-8:45 Aqua Pilates Jodi		
10:15-11:15 Enhance Fitness Laura	9:15-10:00 TRX Pilates Jodi	10:15-11:15 Enhance Fitness Jodi	9:15-10:00 TRX HIIT Jackie	10:15-11:15 Enhance Fitness Laura	
	10:15-11:00 Pound Jodi	10:15-11:00 Equip: Strength and Sculpt Jackie			
PM	PM	PM	PM	PM	PM
		Strong Women 5:30-6:15 Jodi	TRX HIIT 6:15-7:00 Liz H.		
6:45-7:30 TRX HIIT Liz H.	6:30-7:15 Equip: Strength and sculpt Jackie	6:30-7:30 Pound Jodi	TRX Teen 7:00-7:45 Liz H.		

SPECIALTY GROUP EXERCISE CLASS DESCRIPTIONS

<p>Boot Camp (Free for members)</p>	<p>Boot camp is for individuals looking to be pushed to the next level! This class includes a mix of cardio and strength training. You will utilize body weight exercises, weight training and tabata methods.</p>
<p>Small Group</p>	<p>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.</p>
<p>Aqua Pilates</p>	<p>Pilates in the pool! Participants will use pool noodles, water weights, and the pool wall and floor for assistance. This class will challenge stability and core strength.</p>
<p>Enhance (Free for members)</p>	<p>A proven, community-based senior fitness and arthritis management program. This class will help you become more active, energized, and empowered. It will focus on cardiovascular endurance, strength, flexibility, and balance to help reduce arthritis symptoms. All fitness levels are encouraged to participate.</p>
<p>Pound</p>	<p>Using lightly weighted drumsticks, Pound transforms drumming into an effective way of working out. This class is designed for all levels. It's the perfect atmosphere for letting loose, getting energized, toning up and rockin out!</p>
<p>Equip</p>	<p>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.</p>
<p>Strong Women</p>	<p>Strength training taught by women for women. This class teaches you to train effectively with weights. Promoting a decrease in body fat and an increase in strength, health and fitness. No weight room experience necessary.</p>
<p>TRX HIIT</p>	<p>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.</p>
<p>TRX Pilates</p>	<p>This is a new class that combines TRX suspension, Pilates, Yoga and Barre movements. It's a challenging blend of isometric exercises and flexibility focusing on your CORE, all while using the aid of the TRX Suspension Straps.</p>
<p>TRX Teen</p>	<p>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.</p>