



**West Branch
Specialty Fee Based Trainings
Pre-registration is required for all classes!**

Winter Schedule

Jan 8 – Feb 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.	A.M.	A.M.	A.M.	A.M.	A.M.
5:00-5:45 F.I.T.	5:00-5:45 TRX	5:30-6:15 F.I.T.		6:00-6:45 TRX	7:00-7:45 F.I.T.
8:15-9:00 F.I.T.	9:30-10:15 TRX	8:30-9:15 F.I.T.		9:00-9:45 F.I.T.	8:30 – 9:15 SPEED & AGILITY (8-12)
P.M.	P.M.	P.M.	P.M.	P.M.	P.M.
	5:00-5:45 SPEED & AGILITY (8-12)		4:00-4:45 SPEED & AGILITY (8-12)		
5:30-6:15 F.I.T.					

F.I.T.	This 45 minute functional fitness class utilizes boot camp, and HIIT training styles. Bodyweight exercises, cardio, strength training, plyometrics, and many other forms of exercise are included. No two classes are ever the same. All fitness levels are welcome.
TRX	This 45 minute small group training class includes body weight resistance training, core strengthening and cardio bursts.
Speed & Agility	This class is for any skill level looking to improve their current athletic performance. Exercises are designed to improve overall quickness, strength and coordination. There is a concentration on footwork, leg and core strength