



# SMALL GROUP TRAINING

**September 16 – November 13, 2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6:30 - 7 AM</b>				TRX & Core <i>Dane</i>	
<b>7 - 7:30 AM</b>		TRX & Core <i>Dane</i>			
<b>7:15 - 8:15 AM</b>			Abs with Abbs <i>Abby</i>		
<b>7:30 - 8:30 AM</b>				Women's Hardstyle Kettlebells - <i>Amy</i>	
<b>8 - 9 AM</b>	Abs with Abbs <i>Abby</i>	Fitness Trifecta <i>Jena</i>			
<b>8:15 - 9:15 AM</b>		Mobility & Movement <i>Abby</i>		Wmns Hardstyle Kettlebells <i>Amy</i>	Beginner Pilates Reformer <i>Libby</i>
<b>8:30 - 9:30 AM</b>		Intermediate Reformer <i>Libby</i>			
<b>9 - 10 AM</b>	Abs with Abbs <i>Abby</i>				
<b>10 - 11 AM</b>					Amazing Arms <i>Mary</i>
<b>NOON - 1 PM</b>		Fit for a New Beginning - <i>Jena</i>			
<b>1:30 - 2:30 PM</b>	Injury Recovery/ Strength Restoration <i>Jena</i>		Healthy Eating & Living 101 - <i>Jena</i>		
<b>3:30 - 4:30 PM</b>			Golf Conditioning <i>Jena</i>		
<b>4 - 5 PM</b>			Pilates Reformer <i>Katie</i>		
<b>5 - 6 PM</b>		Rope Burn <i>Tyler</i>	Amazing Arms <i>Mary</i>		
<b>5:15 - 5:45 PM</b>			Power Interval <i>Dane</i>		
<b>6 - 7 PM</b>			Pilates Reformer <i>Katie</i>	Rope Burn <i>Tyler</i>	

**PRICING:** 60 minutes: \$200 per 8-week session / 30 minutes: \$120 per 8-week session



### **Abs with Abbs**

Core strength is imperative for stability and optimal results, whether it be for performance or for physical endurance. Without core strength, certain areas end up overstressed, while others are under-utilized which can lead to chronic injuries. Strengthen your trunk and pelvis in this small group training.

### **Amazing Arms**

Amazing Arms provides you with the knowledge you need to tone, sculpt, and finally meet your goals! You will learn low to no impact arm routines, basic strength training concepts PLUS, nutrition education. You will gain strength and confidence while feeling great about yourself!

### **Beginner Pilates Reformer**

This is a perfect routine for those who are just beginning Pilates Reformer. Class will focus on proper form and execution of basic Pilates Reformer exercises. The class will progress as new exercises are added each week. Complement your current fitness program with a Reformer workout, focused on core stability, building strength and body awareness.

### **Fit for a New Beginning (Pre/Post Natal)**

This program is designed to help women maximize their workouts and minimize the risks that can be associated with exercise and pregnancy. We will cover special safety guidelines that apply to prenatal workouts, the importance of hydration, body positioning, weight lifting during different trimesters and more!

### **Fitness Trifecta**

This course will deliver great workouts designed to challenge your overall fitness using a Trifecta approach with the TRX, Bosu, and Stability Ball. These three key tools will deliver a tremendous compliment to your current workout plan.

### **Golf Conditioning**

In this program you will learn how to implement various exercises that challenge the body in relation to the game of golf. You will develop an improved awareness of your balance, posture and how to program around the golf season to avoid over training.

### **Healthy Eating and Living 101**

Together we will explore ways to implement better food choices around a busy life. Receive support from this group setting with education around a balanced plan and setting goals to hold yourself accountable.

### **Injury Recovery and Strength Restoration**

Through mobility and stability training we will work to restore good movement and overall strength. Whether you're recovering from injury or already consistent in regular fitness practices, you will walk away from this course with a deliberate and practical approach to enhance your foundational fitness practices.

### **Intermediate Reformer**

This is the perfect class for those who have taken some Pilates Reformer classes and are ready to advance their skills and knowledge. Class will focus on proper form and execution of basic Pilates Reformer exercises. The class will progress as new exercises are added each week. Complement your current fitness program with a Reformer workout, focused on core stability, building strength and body awareness.

### **Mobility and Movement**

Improve your range of motion and your posture while alleviating everyday aches and pains. You'll also decrease muscle tension, reduce risk of injury, boost blood circulation and recover faster in between workouts.

### **Pilates Reformer**

A wide variety of exercises are done on the reformer to promote length, strength, flexibility and balance. Great for all ability levels.

### **Power Interval**

Are you looking to take your fitness to the next level? Power Interval combines strength, power and stability exercises for a great total-body workout that will build muscle and burn a ton of calories.

### **Rope Burn**

Increase your work capacity and conditioning through Rope Burn! This class focuses on the use of the tank – a multi surface exercise sled, and battle ropes. These exercises will burn fat and increase strength.

### **TRX & Core**

Challenge your core strength and improve your functional movement using the TRX suspension trainer in combination with other bodyweight based core exercises.

### **Women's Hardstyle Kettlebells**

The Hardstyle technique sets up your most basic kettlebell move: the swing. Master good alignment, muscle tension & control, and biomechanical breathing. The swing anchors every other kettlebell movement. This is your chance to work and perfect the basics and set yourself up for continued success. A complimentary one-on-one session is required for sign up, if you have no kettlebell experience.