



Fall Small Group Training Schedule

MON	TUES	WEDS	THURS	FRI	SAT
	6:45 AM - 7:30 AM <u>Total Gym</u> <u>Total Body Workout</u> Jen	6:45 AM - 7:30 AM <u>Ball and Band</u> Jen	6:45 AM - 7:30 AM <u>Total Gym</u> <u>Total Body Workout</u> Jen	6:45 AM - 7:30 AM <u>Ball and Band</u> Jen	
		7 AM - 8 AM <u>Men's Strength</u> Brian			7 AM - 8 AM <u>Focus on Form</u> Mercedes
					8 AM - 9 AM <u>BDI Bootcamp</u> Brian
10 AM - 11 AM <u>Pilates Level 1-2</u> Chip	10:30 AM - 11:30 AM <u>Women's Strength</u> <u>(Level 1)</u> Ashley C.	9:30 AM - 10:30 AM <u>Balance and Breathe</u> Kirsten	10 AM - 11 AM <u>L.I.F.E. Class</u> Shannon	9 AM - 9:45 AM <u>Cardio Interval</u> <u>Training</u> Ashley C.	10 AM - 11 AM <u>Pilates 1</u> Maeve
11 AM - 12 PM <u>Move Well to Age</u> <u>Well</u> Kirsten		11:30 AM - 12:30 PM <u>Pilates (Level 1)</u> Maeve	11:15 AM - 12:15 PM <u>Pilates on Total Gym</u> <u>(Levels 1-2)</u> Chip	11 AM - 11:55 AM <u>Women's Strength</u> <u>(Level 1)</u> Ashley C.	
6:15 PM - 7:15 PM <u>Pilates on Total Gym</u> <u>(Levels 1-2)</u> Chip	6 PM - 7 PM <u>Mat Pilates (Level 3)</u> Grace	6:15 PM - 7:15 PM <u>TRX/Kettlebell</u> <u>Circuit</u> Bobby			
					<p>CLASS COLOR KEY</p> <p>IN PERSON HYBRID</p> <p>VIRTUAL</p>



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Balance and Breathe Class:

- Suitable for: All fitness levels
- Focus: Basic balance movements and breathing techniques
- Benefits: Improved balance and awareness

TRX | Kettlebell Circuit:

- Suitable for: Intermediate to advanced fitness levels
- Focus: Strength, stability, aerobic and muscular endurance
- Benefits: Improved strength, stability, and cardiovascular fitness

Ball and Band:

- Suitable for: Intermediate levels
- Focus: Total body conditioning with therapy balls, foam rollers and bands
- Benefits: Improved strength, stability, functional mobility, balance and power

Cardio Interval Training:

- Suitable for: All levels
- Focus: High-intensity cardio bursts with recovery periods
- Benefits: Improved cardiovascular fitness and calorie burn

Move Well to Age Well:

- Suitable for: All levels
- Focus: Flexibility, balance, and strength
- Benefits: Improved flexibility, balance, strength and coordination

Women's Strength:

- Suitable for: All levels, including beginners
- Focus: Proper technique for squats, lunges, and hinges with various equipment
- Benefits: Improved strength, technique, and confidence

L.I.F.E. - Longevity in Functional Efficiency:

- Suitable for: All levels
- Focus: Strength and conditioning, functional movements to acquire general physical preparedness skills
- Benefits: Increase in 10 fitness domains: cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy

BDI Bootcamp:

- Suitable for: All levels
- Focus: Cardio, strength training, and functional movements
- Benefits: Increased strength, agility, balance and overall fitness

Pilates, Level 1 & 2:

- Suitable for: All levels with modifications
- Focus: Core strength, balance, and posture
- Benefits: Improved core strength, balance, and posture

Pilates - Level 3:

- Suitable for: Intermediate levels
- Focus: Advanced Pilates exercises with stability, balance, and movement quality
- Benefits: Enhanced core strength, balance, and overall Pilates practice

Focus On Form:

- Suitable for: All levels
- Focus: Master proper form for core, arm, and leg exercises
- Benefits: Improved strength, form, and confidence.

Men's Strength:

- Suitable for: All levels, including beginners
- Focus: Proper technique for squats, lunges, and hinges with various equipment
- Benefits: Improved strength, technique, and confidence

SCAN HERE TO LEARN MORE & SIGN-UP FOR CLASSES:



VIRTUAL CLASS

IN PERSON CLASS

HYBRID CLASS