

Group Training Schedule

May 1st-August 31, 2017

	Mon	Tues	Wed	Thurs	Fri	Sat
5:30-6:30am	Bike/Row Molly	Muscle Tone and Sculpt Molly	Yoga Strength Derrick	Muscle Strength and Power Marijka	Adrenaline Cycle Krista	8:00 – 9:00am Adrenaline Cycle Molly/Jamie
	Core Conditioning Molly					
6:30-7:30am	Muscle Strength and Power Alicia	Interval Cycle Marijka	Fitness Barre Leah	Interval Cycle Alicia	Yoga Strength Derrick	9:00 – 10:00am Indoor/Outdoor Bootcamp Cody
		Core Conditioning Marijka		Foam Rolling/Mobility Alicia		
9:00-10:00am	Interval Cycle Molly	Fitness Barre Leah	Indo-row Molly	Muscle Tone and Sculpt Sherri/Jennifer	Yoga Strength Derrick	
	Core Conditioning Molly		Foam Rolling and Mobility Molly			
12:00-1:00pm	Indoor/Outdoor Bootcamp Alex	Interval Cycle Sherri/Jamie	Muscle Tone and Sculpt Marijka	Fitness Barre Leah	Indoor/Outdoor Bootcamp Cody	
		Core Conditioning Sherri/Jamie				
5:30-6:30pm	Cardio Challenge (:45) Alex	Muscle Tone and Sculpt Sherri/Nathan	Adrenaline Cycle Krista	Indoor/Outdoor Bootcamp Cody	Rowing Challenge Judith	
	Foam Rolling and Mobility (:15) Alex				Core Conditioning Judith	

Please circle the sessions you would like to enroll in. (Please only sign up for the sessions you know you will attend regularly.) Please keep a copy of your new schedule or transfer to your day-planner so you know when you're supposed to be here! ☺

Name: _____

Email Address: _____

Guidelines:

- ♥ If you stay in the same time slot, your overall program will be very balanced. When you begin to switch time slots, you will need to ensure you've got enough variety and balance in your program without overdoing it in any one area. Scheduled trainers may change based on availability.
- ♥ If you have any questions, contact us at **360-574-7292**.

Group Training Program	Description	Fitness Goal
Adrenaline Cycle / Interval Cycle	Experience the ride of your life. This low-impact cycling workout is designed to improve your cardiovascular fitness and maximize caloric burn by incorporating interval based drills, visualization and effective coaching techniques. A great workout for those who would like to lose body fat or maintain a lean physique. Expect to burn an incredible 600-800 calories in 60 minutes. Interval Cycle will focus more on speed and high intensity intervals and Adrenaline Cycle will focus on endurance.	CV
Indo-Row	30 minutes of rowing drills will not only leave you with a screaming metabolism and dripping in sweat, but with the strongest core and posture that you have ever had. Indo-Row will focus on rowing form, pace holding, intensity drills and challenges to keep you swimming back for more!	CV
Bike n Row	The perfect cardio combo. Row, Ride or swap back and forth, the choice is yours! This heart pumping cardio workout is guaranteed to blast through the calories while keeping you engaged with the changing mediums.	CV
Cardio Challenge	Looking for a great combination of cardiovascular exercise? This is the class for you! This class will challenge you to take your cardio to a whole new height! Various challenges including the bike, rowing machine, and your own body weight will leave your breathless!	CV M
Rowing Challenge	Looking for a team challenge mixed with some cardio? Then this is the class for you! Competing in teams will help you push your limits on the rowing machine while having fun!	CV
Bootcamp/Circuit Strength	This fun, energetic class will blast through calories with cardio and strength intensive drills sure to keep you lean and mean. Bosu balls, ladder drills, ropes, kettle-bells, medicine balls, equipment galore to keep the workout fun and effective.	CV M
Muscle Tone & Sculpt	Tone and Sculpt your muscles while training the entire body utilizing heavy weights/barbells, hand weights, kettlebells, tubing, medicine balls, stability balls, Gliding Discs, BOSU Trainers and other training tools. This session will sculpt, tone and develop muscle definition in your entire body.	M
Muscle Strength & Power	Take your strength to the next level with this full body muscle conditioning workout. Muscle Strength and Power will provide incredible benefits including an enhanced metabolism, higher caloric burn, improved bone density, better posture, reduced risk for injury, better muscle tone and strength and so much more. Strength training is the true fountain of youth!	M
Fitness Barre	Take your strength, balance, and stability to a whole new levels in this format! Traditional strength training combined with the new Barre format to help improve your ability to live life to the fullest. A perfect blend of strength, stability and balance all in one!	M
Core Conditioning	A muscle conditioning session designed to train the stabilizer muscles located around the abdominal region and the spine. This session maximizes optimum posture and stability, lowers the risk of injury and will help develop a strong, tight and toned mid-section. Medicine balls, stability balls, Gliding Discs, BOSU trainers and other training tools will be used.	M
Yoga Strength	Strengthen your entire body and erase your body's tension with this Yoga Strength program. You will improve your flexibility, balance, enhance relaxation and release stress while improving total muscle conditioning. Yoga Strength will focus on more challenging poses and intense holds.	M F
Foam Rolling & Mobility	Foam Rolling & Mobility will not only improve your flexibility through stretching but also aid in the health of your muscles and connective tissue through myofascial release. Think of it like a massage to reward your body for all your hard work.	F

Cardiovascular Conditioning (CV) - These types of sessions will improve the health of your heart, burn a ton of calories and develop overall fitness conditioning. They are a must for those of you wanting to burn body fat.

Muscle Conditioning (M) - These types of sessions are absolutely critical for so many reasons. First, the best physiologists in the world are reporting that muscle conditioning is the most important component for reversing the aging process. By regularly participating in these sessions you will maintain muscle mass, develop your strength, improve your muscle tones and definition, increase your metabolic rate, achieve a healthy body weight and fat percentage, improve your posture, strengthen your bone density, improve your balance, and more! Muscle conditioning programs are the fastest way to change your body shape. You should incorporate three muscle conditioning workouts into your schedule each week.

Mind/Body Fitness and Flexibility (F) - If you want to avoid injuries, reduce tight and stiff areas, manage your stress and develop muscles that are both strong and pliable, these sessions are perfect for you.

- For maximum fitness potential, you should avoid doing too much of any one program and instead choose from a variety of programs. Ensure you have enough variety and balance in your program without overdoing any one area.

- In order to take full advantage of a proper warm-up and cool down, secure your space and equipment, and so as to not disturb your fellow workout buddies, we ask that you arrive on time and stay until the end of all classes. If you are running late or absolutely need to leave early, we ask that you enter or exit quickly and quietly. Please understand that entering or leaving a class during a meditative segment can be disruptive to the other exercisers.

- To allow your trainer to guide you appropriately through each workout, please advise them if you are a beginner, pregnant, have high blood pressure or any other medical condition, injury, or pain that may affect your ability to perform certain movements.

- Trainers may change based on availability