

Group Training Schedule

January 2nd- April 28th

	Mon	Tues	Wed	Thurs	Fri	Sat
5:30-6:30am	Interval Cycle Molly	Muscle Tone and Sculpt Scott	Yoga Sculpt Derrick	Pure Strength Marijka	Adrenaline Cycle Chris	8:00 – 9:00am Adrenaline Cycle Alicia
	Core Conditioning Molly					
6:30-7:30	Pure Strength Alicia	Interval Cycle Marijka	Fitness Barre Leah	Cardio Muscle Definitions Alicia	Yoga Sculpt Derrick	9:00 – 10:00am Cardio Muscle Definitions Jamie
		Core Conditioning Marijka				
9:00-10:00am	Interval Cycle Molly	Fitness Barre Leah	Cardio Muscle Definitions Kristin	Muscle Tone and Sculpt Sherri	Yoga Sculpt Derrick	
	Core Conditioning Molly					
12:00-1:00pm	Cardio Muscle Definitions Judith	Interval Cycle Sherri	Pure Strength Marijka	Fitness Barre Leah	Cardio Muscle Definitions Cody	
		Core Conditioning Sherri				
5:30-6:30pm	Pure Strength Jamie	Adrenaline Cycle Sherri	Fitness Barre Alicia	Interval Cycle Jamie	Cardio Muscle Definitions Judith	
				Core Conditioning Jamie		

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
Interval Cycle/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 Muscle Definitions	This class will give you everything you need in a Full Body Muscle and Cardio workout! You will burn anywhere from 500-900 calories and tone and sculpt your entire body! Our award-winning trainers will take you through this one hour workout guaranteed to get your heart pumping and muscles firing! Each workout is different so you'll never get bored and your body will never plateau!	CV M
Muscle Tone & Sculpt	Tone and Sculpt your muscles while training the entire body utilizing 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
Pure Strength	Take your strength to the next level with this full body muscle conditioning workout. Pure Strength 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	A perfect blend of muscle endurance, balance, and stability all in one workout that is gentle on your body but high on results. This traditional resistance training focusing on glutes, thighs and your core, combined with the new Barre format, will help improve your ability to look good, feel great and live life to the fullest.	M
Core Conditioning	A muscle conditioning session designed to train the stabilizer muscles located around the abdominal region and the spine. This session maximizes optimal 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 Sculpt	Strengthen your entire body and erase your body's tension with this Yoga Sculpt program. You will improve your flexibility, balance, enhance relaxation and release stress while improving total muscle conditioning. Yoga Sculpt will focus on more challenging poses and intense holds.	M 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