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TEAM TRAINING SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|
| | 5:30-6:30a Regular Raina | | 5:30-6:30a Regular Raina | | |
| | 7:00-7:30a Regular Bi-Weekly Carol | | | 6:30-7:30a Regular Raina | |
| | 8:00-9:00a Regular Carol | | 8:00-8:30a Regular Carol | | |
| 9:00-10:00a TRX & Balance Sam | 9:00-10:00a Regular Carol | 9:00-9:30a Regular Carol | | 8:30-9:30a Posture & Balance Sam | 8:00-9:00a Pilates Equipment Kira |
| 9:30-10:00a Tread Strong Raina | 9:00-10:00a Regular Sam | 9:15-10:15a Pilates Equipment Alta | 9:30-10:30a MRT Shauna | 9:30-10:30a Pilates Equipment Alta | 8:00-9:00a Regular Jolene |
| 10:00-11:00a Boxing Fitness Alta | 9:00-9:30a MRT Starts 10/17 Raina | | | 9:30-10:30a Regular Carol | 8:30-9:00a H.I.R.T. Raina |
| 10:00-11:00a Posture & Balance Sam | 9:30-10:00a MRT Raina | 10:30-11:30a TRX Alta | 10:30-11:30a Regular Carol | 10:00-10:30a Boxing Fitness Sam | 9:00-10:00a Regular Raina |
| | 10:00-11:00a Boxing Fitness Alta | | 11:00-12:00p Posture & Balance Sam | | 10:00-11:00a Strength Intervals Jolene |
| 2:00-2:30p Booty HIIT Jolene | | 1:00-2:00p Regular Gillian | | | |
| 3:30-4:00p Regular Carol | | 3:15-4:15p Boxing & Yoga Sam | | | |
| 4:30-5:30p Regular Carol | | 4:00-5:00p Posture Power Jolene | 5:30-6:30p Pilates Equipment Laura | 4:00-5:00p Regular Carol | |
| 6:00-7:00p Regular Carol | 5:30-6:30p Pilates Equipment Tessah | 5:30-6:00p Regular Carol | 6:30-7:30p Pilates Equipment Laura | | Shaded boxes = child care is available |
| 6:30-7:30p Regular Jolene | 6:00-7:00p Regular Bree | 6:30-7:30p Pilates Equipment Laura | 6:30-7:30p Dance Bree | ONLY \$27/hour or \$13.50/half hour You must purchase 10 sessions and reserve a weekly time slot. Min. 2, Max. 4 participants. | |
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Specialty Team Training Descriptions



Booty HIIT - A short but powerful workout designed to strengthen and sculpt your backside, increase metabolic rate with high intensity intervals and improve cardiovascular fitness. Bouts of hard work followed by short periods of rest will keep your body burning calories for hours to come and give you that extra pep in your step. While the booty is the focus, your core and upper body will not be left out. Progressions and regressions for all exercises will be provided though some cardiovascular endurance is recommended.



Boxing Fitness - Challenge your muscles and empower your mind with drills used by the pros. Punch and kick your way to a lean mean toned body. Feel invigorated and strong from this cardio and strength training workout!



Boxing & Yoga - This team training has it all for cardiovascular fitness, stress relief, strength building, and flexibility! The first half of the session will be a high energy boxing workout, combining cardiovascular drills with strength exercises. Participants will learn how to use catch mitts with a partner using basic punches, then progress into punch combinations with footwork. After an intense calorie burn, we will transition into a smooth yoga practice combining strength with flexibility and calming the mind through breathing exercises and meditation.



Dance - Gain cardiovascular endurance, strength, and mobility in a small group while having fun and benefiting from individual instruction. We will focus on dance drills and choreography, weighted exercises and stretching. All levels welcome. Come shake a tail feather!



H.I.R.T. - This "High Intensity Resistance Training" will blast you into the best shape of your life. If you are having a hard time with the last few pounds or just want to take your fitness to the next level, this is the training for you!



MRT - Metabolic Resistance Training is an intense strategy for increasing strength, torching fat and improving overall physical fitness. This circuit style training use various resistance training variables. Recommended for intermediate and advanced levels.



Pilates Equipment - Pilates conditions the entire body with a strong emphasis on the core. These low impact exercises will help you improve your strength, flexibility and joint mobility. Use the Pilates Reformer, Chair & Arc for an excellent full body workout.



Posture & Balance - If you suffer from back or neck pain, it may be due to poor posture. Improve your strength, flexibility, balance and confidence, while alleviating pain and risk of injury.

Posture & Power - You may benefit from dynamic functional training designed to improve and strengthen your posture and alignment. In a circuit style format, energizing exercises will be performed that can become apart of your daily routine, build stamina, and help fight fatigue and body aches. A variety of exercises will be given from yoga poses, TRX, kettle bells and resistance training.



Strength Intervals - Strength Intervals will be an exciting fusion of total body strength training and cardio intervals specifically developed to maximize fat loss and improve endurance and coordination. No matter where you are in your fitness journey this work out will give you the opportunity to propel yourself to the next level. All fitness levels welcome.



Tread Strong - An effective 30 minute fat burning, strength building workout utilizing the treadmill with intervals of strength exercises. This team training will increase cardiovascular and strength endurance. All fitness levels welcome.



TRX Suspension - TRX allows you to unload and leverage your bodyweight while performing strength, balance, mobility and flexibility exercises. This enables you to instantly modify any exercise to your available range of motion or level of strength to safely get as strong, agile and powerful as you can be!