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TEAM TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30a Regular Sarah		5:30-6:30a Regular Sarah		
	6:30-7:00a Regular Sarah		6:30-7:30a Regular Sarah	6:30-7:30a Regular Kaila	
	7:00-8:00a Regular Liane <i>Starts 1/7</i>		8:00-8:30a Regular Carol		
9:00-10:00a TRX & Balance Sam	8:00-8:30a Regular Part 1 Carol	9:00-9:30a Regular Carol	9:00-10:00a MRT Sarah		8:00-9:00a Regular Sarah
9:30-10:30a Pilates Equipment Alta <i>Starts 1/6</i>	8:30-9:00a Regular Part 2 Carol	9:30-10:00a Boxing Fitness Sarah	9:30-10:30a TRX & Kettlebell Sarah		9:00-10:00a Strength Intervals Sarah
10:30-11:00a Boxing Fitness Alta <i>Starts 1/6</i>	9:00-10:00a Regular Carol	9:30-10:30a Pilates Equipment Alta	10:00-11:00a Boxing Fitness Alta <i>Starts 1/2</i>		10:00-10:30a Flexibility Sarah
11:00-11:30a Regular Carol	9:00-10:00a Regular Sam	10:00-11:00a Mighty Mamas Gillian	10:30-11:00a Regular Carol		
11:30a-12:00p Regular Carol	9:00-9:30a MRT Sarah	10:30-11:30a Strong Alta	11:00-11:30a Treadmill Run Alta <i>Starts 1/2</i>		
	9:00-10:00a Pilates Alta		11:00-12:00p Posture & Balance Sam		
	10:00-11:00a Boxing Fitness Alta	1:00-2:00p Regular Gillian	11:30a-12:00p Core Alta <i>Starts 1/2</i>		
4:30-5:30p Regular Carol	10:00-11:00a MRT Sarah		3:30-4:30p Run Strong Carol		
5:30-6:30p Regular Liane	11:00-11:30a Treadmill Run Alta <i>Starts 1/7</i>	5:30-6:00p Regular Carol	4:30-5:30p Regular Carol		<i>Shaded boxes = child care is available</i>
6:00-7:00p Regular Carol	11:30a-12:00p Core Alta <i>Starts 1/7</i>		6:00-7:00p Core & Balance Liane	ONLY \$28/hour or \$14/half hour You must purchase 10 sessions and reserve a weekly time slot. Min. 2, Max. 4 participants.	
6:30-7:30p Regular Liane	6:00-7:00p Regular Liane		6:00-7:00p Boxing Fitness Sarah		

Specialty Team Training Descriptions

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!

Core & Balance - A variety of core strengthening and balance exercises will be used to improve posture, strength, stability, balance and confidence.

Mighty Mamas - A safe, effective exercise program specifically designed to regain and improve your fitness post-pregnancy. We'll focus on strength training, conditioning and flexibility to improve your overall fitness. The small group setting will allow me to customize your workout with these changes common to new mothers: weakened pelvic floor causing incontinence and sexual dysfunction, hip, shoulder and low back pain and stiffness, or loss of core strength due to weakened abdominal wall muscles training variables.

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.

Regular - A variety of equipment will be used during this combination of strength training, cardio and flexibility designed according to the individual's goals and abilities. This total body workout will have you leaving feeling energized. (Note: Part 1 is a full body workout, while Part 2 is a complementary workout to Part 1.)

Run Strong - Depending on weather, a one to two mile run outside will be incorporated into an indoor strength workout. The treadmill will be utilized as necessary. This team training will increase cardiovascular and strength endurance. All fitness levels welcome, though a little running experience would be helpful.

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.

Strong - Prepare to perfect your form and hit PRs in this team training focused on progressively strengthening the 7 basic human movements squat, hinge, lunge, push, pull, rotation and gait utilizing barbells, dumbbells, kettlebells and the TRX. Participants will track their lifts, weights, and reps to empower their progressions and celebrate the wins.

Treadmill Run - Treadmill Run - Running is the most popular exercise in the world and the most potent exercise to burn calories and lose weight, however, most people train wrong. We will utilize scientific and deeply inspirational group treadmill interval workouts to properly increase endurance, speed, aerobic power, and to find your runner's high. With the use of treadmills, everyone is given the opportunity to truly work at their own level as running is you vs you.

TRX & Kettlebell - This session will focus on alternating TRX and Kettlebell movements for a total body workout. Everyone, from beginner to advanced, will benefit from increased stabilization and core activation. Performed as short interval circuits, participants can expect to learn and perfect their KB swings, deadlifts, TRX pushups and pikes just to name a few!

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!

