



Group Training Schedule

Winter 2012	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10am	Group PT	Semi-Private	Group PT	Semi-Private		
	6:15am	Group PT	Semi-Private	Group PT	Semi-Private	Friday Challenge	
	9:00am						Semi-Private
	10:00am	Semi-Private		Semi-Private		Friday Challenge	Group PT
	12:15pm	Semi-Private	Group PT	Semi-Private	Group PT	Friday Challenge	
	4:30pm		Semi-Private		Semi-Private	Friday Challenge	
	5:30pm	Group PT	Semi-Private	Group PT	Semi-Private	Friday Challenge	
	6:30pm	Semi-Private	Group PT	Semi-Private	Group PT		

Group Personal Training- Unlimited \$30 per Month.

This dynamic, functional movement 45 minute class is a can't miss program - a combination of Aerobic Exercise and Resistance Training. Our Boot Camp style class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! We have high expectations for our participants and we go the extra mile to make sure that you will be successful!

Semi-Private Training-Unlimited Group and Semi-Private \$70 per Month.

Personal training with 2 to 4 participant's features the workout of the day. Monday-Thursday the workouts are intended to work all major muscle groups while teaching proper technique and giving personal attention to each exercise and participant.



Group Training Schedule

Winter 2012	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	5:15am	Group PT				Group PT
	6:00am		Semi-Private		Semi-Private	
	12:00pm		Group PT		Group PT	
	4:30pm	Semi-Private		Semi-Private		
	5:15pm		Group PT		Group PT	

Group Personal Training- Unlimited \$30 per Month. This dynamic, functional movement 45 minute class is a can't miss program - a combination of Aerobic Exercise and Resistance Training. If you are looking for an intense workout to change the way you train, then Group Personal Training is for you!! Our Boot Camp style class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! We have high expectations for our participants and we go the extra mile to make sure that you will be successful!

Semi-Private Training-Unlimited Group and Semi-Private \$70 per Month. Personal training with 2 to 4 participant's features the workout of the day. The workouts are intended to work all major muscle groups while teaching proper technique and giving personal attention to each exercise and participant.
