



SGT

SMALL GROUP TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00 – 8:25am MetCon Sharon	9:30–10:30am Strength & Conditioning Nathalie			
	9:30–10:00am Kettlebells Nathalie				10:15–11:00am Row & Sculpt Sharon Cardio Deck 2	
7:00-8:00pm SHRED Sharon Cardio Deck 2		7:00-8:00pm SHRED Sharon Cardio Deck 2				

Reserve your spot by calling or visiting the front desk. Reservations accepted one week prior to class. Cancellations must be made 24 hours in advance to avoid a \$10 no show or late cancellation fee.

Kettlebells – Want to improve your coordination, strength and power in the core, upper and lower body? This class is beneficial for everyone and uses Kettlebells for whole-body movement exercises that deliver cardio, strength, and flexibility benefits.

MetCon – Metabolic Conditioning (MetCon) is a combination of anaerobic and aerobic exercises to maximize intensity in the shortest amount of time possible. Class will consist of 3-4 exercises designed to increase metabolic demand and energy usage.

Row & Sculpt – Rowing and toning intervals will boost metabolism and sculpt muscles!

SHRED – This energizing, motivating, small group training experience fuses cardiovascular and strength training exercises through repeated bouts of high intensity intervals designed to provide you with a full-body workout while boosting your metabolism and prolonging time spent in your fat burning zones. Continue burning calories and melting fat after you leave the gym.

Strength & Conditioning – Work cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy, maximizing your performance and fitness for any physical challenge or activity! Weights, sleds, box jumps, TRX, and the Keiser machine are just some of the equipment/exercises that will be performed.