



SGT

SMALL GROUP TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:00–6:45am Quick Burn Dina			
	8:30–9:00am Foam Rolling Paula	8:00 – 8:25am MetCon Sharon	9:30–10:30 Strength & Conditioning Nathalie			
	9:30–10:00am Kettlebells Nathalie		10:00–11:00am SHRED Sharon Cardio Deck 2		10:15–11:00am Row & Sculpt Sharon Cardio Deck 2	
6:30-7:00pm Core Stability Paula						
7:00-8:00pm SHRED Sharon Cardio Deck 2		7:00-8:00pm SHRED Sharon Cardio Deck 2	7:00-8:00pm Self Defense Doug Jan. 17 - Feb. 21			

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.

Core Stability – The CORE, is not just 6-pack abs, it's SO MUCH MORE THAN THAT! Your trunk (shoulders to hips) is the medium through which force is transferred from the ground, through the legs to the upper body. You're only as strong as the weakest link! Learn how to activate your core for every day living.

Foam Rolling – Why is it important to Foam Roll? Think of your cold muscles like a brand new stick of clay. Bending the clay before it's massaged and warmed up will only cause the stick to break, right?! We use the foam roller to align muscle fibers and make the muscles pliable before they are used for exercise. Learn how to select the right tool for the job and how to navigate through the process of foam rolling.

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.

Quick Burn – Burn fat, chisel lean muscle and boost metabolism with time to spare to grab your coffee and head out the door to attack your day. This high intensity, fun packed class will energize you for your day and help you conquer your fitness goals.

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

Self-Defense – Learn combative self-defense techniques and principles that are simple to learn and perform. The main focus is to teach you what you need to know to survive an attack from someone bigger and/or stronger than you. Even though the training deals with real life scenarios, we keep the training fun and safe. Everyone trains at a level appropriate for their age and fitness level, and advances at their own pace.

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.