

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6:00am – 6:45am	Barbell 2.0 John		Barbell 2.0 John		Barbell 2.0 John
6:30am – 7:15am	Group Fitness Matt		Group Fitness Matt		Group Fitness Matt
7:00am – 7:45am		Group Fitness Matt		Group Fitness Matt	
9:00am – 9:45am					HIIT & RUN Matt
11:30am – 12:15pm	Pilates Level I/II Lauren		Pilates/Foam Roller for Recreational Runners/Walkers Lauren		
2:45pm – 3:30pm				Youth Athletic Development Matt	
3:30pm – 4:15pm		Youth Athletic Development Matt			
4:15am – 5:00pm	Youth Athletic Development Matt		Youth Athletic Development Matt		
5:00pm – 5:45pm		HIIT & RUN Matt		HIIT & RUN Matt	
		Barbell 1.0 Clint			
5:45pm – 6:30pm			Barbell 1.0 Clint		
6:30pm – 7:15pm				Barbell 1.0 Clint	

## **SERVICE DESCRIPTIONS**

**GROUP FITNESS** — Get all the benefits of personal training in a group setting with the extra benefits of motivation from other and working out with friends. Individual modifications will be made to accommodate varied ability levels and limitations.

**HIIT & RUN** — Are you ready to shred fat and build muscle in the same workout? If so, we've got the class for you! HIIT and Run is a 45-minute class designed to promote fat loss and muscle development all at once! Our professional staff will utilize High Intensity Interval Training (HIIT) combining strength and cardio, to ensure that participants leave feeling accomplished. This style of training not only promotes high calorie burn during activity, but prolonged calorie burn throughout the remainder of your day. Through the use of kettle bells, dumbbells, and an array of cardio equipment we can ensure participants will have a great experience!

**Pilates Level II** — This class will continue to explore Pilates Mat Exercise with the introduction of Beginner and Advanced Beginner Pilates Repertoire. (In Office and Virtual Options Available)

**Pilates/Foam Roller for Recreational Runners/Walkers** — Develop strength and flexibility to enhance your outdoor activities! (In Office and Virtual Options Available)

**Youth Athletic Development** — A group class designed to enhance youth athletes foundational skills needed to progress in various sports. This class will focus on body coordination, agility, overall speed and development of total body strength. (Ages 9-12 years old)

**Barbell 1.0** — A strength class designed for individuals who are new to strength training and will focus on building foundational movements such as the squat, bench press, and deadlift in order to increase athletic performance, reduce injury risk, and increase movement proficiency. (MS/HS and older with less than one year strength training experience)

**Barbell 2.0** — A strength class designed for individuals with at least one year of strength training experience and will focus on increasing movement proficiency, overall strength, and injury reduction, while emphasizing 3 major movement patterns: bench press, squat & deadlift. (HS and older with a minimum of one year strength training experience)

**Speed & Agility 1.0** — Is the competition ahead of you? Is your speed, agility, and explosive ability keeping you from being the playmaker you want to be? Sign up for our Speed and Agility sessions which will focus on increasing acceleration, linear speed, deceleration, and change of direction skills. Our professionals lead athletes in developing neuromuscular patterns and total body coordination yielding better on-field performances and decreased risk of injury. The 45-minute sessions are a perfect supplement to our Barbell 1.0 and Barbell 2.0 offerings or stand alone in producing great results.

(MS/HS or older; Contact our office to schedule per Strength Coach availability)