

## ***TRAINING EFFECT* - SMALL GROUP TRAINING COACHED BY CERTIFIED PERSONAL TRAINERS INCLUDED WITH YOUR MEMBERSHIP!**

**\*Check in and card required at the front desk for all personal training classes\***

**Circuit**-Three distinct workouts (Build, Burn & Ignite) designed to build muscle, torch body fat and fire up your metabolism. Workouts are divided into stations so you work at your own pace, completing the reps your body can crank out!

**Bells, Bars & Bands**-Kettlebells, Barbells and Bands make for a killer workout! We combine these three tools to build muscle in all the right places. Classes include a total body workout that elevates the heart rate and engages the core.

**Freemotion**-This cable workout is performed using a Freemotion tower to improve strength, balance, flexibility and power.

**TRX**-Using the TRX suspension system, increase total body flexibility, promote mobility/stability, develop core strength.

**Les Mills GRIT Series**-30-minute high intensity interval workout!

- \* GRIT Cardio improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.
- \* GRIT Plyo is a plyometric based workout designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body
- \* GRIT Strength is designed to improve strength and build lean muscle. The workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

**Cadence-Treadmill**-Get your heart and soles moving in this new interval-based treadmill class led by RRCA Certified running coach, Maria. Open to all level runners.

**Cadence-Outdoor**-Join RRCA Certified coach, Maria, for an outdoor running workout. All level runners are welcome. Workouts will vary week to week\*, but each one's designed to challenge and improve your current fitness level—wherever that may be! (\*Examples include trackwork, tempo runs, hill repeats, and timed out-and-back runs.)

TRAINING EFFECT CLASS SCHEDULE

11/9/2018

DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Circuit Roy		Circuit Jen	TRX Paulette	
6:00am			Cadence-Treadmill Maria			
7:00am		Circuit Roy		Circuit Paulette		
7:45am	Circuit Regan		Circuit Regan		Circuit Regan	
8:00am						Circuit Rotating Coach
8:15am					TRX Paulette	
8:30am		Circuit Roy	Cadence-Outside Maria	Circuit-Andrew GRIT-Stephanie		
9:00am			GRIT Melissa			
9:15am	Circuit Roy		Circuit Roy		Circuit Regan	
9:30am		Circuit Roy		Circuit Roy		
10:00am						Circuit Rotating Coach
10:20am	Circuit Roy	GRIT (10:25) Regan		TRX Andrew		
10:30am	Bells Bars & Bands Paulette	Freemotion Andrew	Bells Bars & Bands Regan		Bells Bars & Bands Regan	
12:00pm		Circuit Regan	Circuit Regan	Circuit Regan		
1:00pm				GRIT Regan		
5:00pm				GRIT Melissa		
5:15pm		Circuit Regan		Circuit Andrew		
5:30pm					Circuit Rotating Coach	
6:00pm		TRX-Paulette (6:05) GRIT-Jen (6:05)		Freemotion Kathryn		
6:30pm	Circuit Kathryn	Circuit Regan	Circuit Kathryn			
7:15pm				Circuit Kathryn		
7:30pm	TRX Kathryn		Bells Bars & Bands Kathryn			
KEY:	Circuit-Gym	Bells Bars & Bands-Gym	Cadence-running	GRIT-Studio A	TRX-Studio B	Freemotion-FT