

Total Body Strength and Conditioning

A full body, fast-paced, strength and cardiovascular movement class that builds functional strength while burning calories.

Strength and Conditioning 101

Learn the movements necessary to build strength cardiovascularly and muscularly in a smaller group setting.

Athletic Development

A series of structured movements designed to aid an athlete in achieving optimal performance.

30 Minute Body Weight Conditioning

A fast-paced express movement system to burn calories and build functional fitness.

Conditioning and Core

A functional body weight and conditioning application to build core strength and cardiovascular endurance. This class helps optimize recovery during the week and builds our foundation.

Flexibility Development

A dynamic stretching experience to increase range of motion, mobility, and body wellness.

Trainer's Choice

A group workout incorporating all fitness principals that also expresses the individual trainer's creativity

TRX Total Body

Suspended and leveraged movement to build strength that incorporates all forms of conditioning.

Winter 2017 Group Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		30 Min Conditioning and Core		30 Min Conditioning and Core		
5:30 AM	Total Body Strength and Conditioning		Total Body Strength and Conditioning		Total Body Strength and Conditioning	
5:45 AM		Conditioning and Core		Conditioning and Core		
6:30 AM	Total Body Strength and Conditioning		Total Body Strength and Conditioning		Total Body Strength and Conditioning	
8:00 AM		TRX Total Body		TRX Total Body		
8:30 AM						Trainers Choice
9:00 AM	Total Body Strength and Conditioning	Conditioning and Core	Total Body Strength and Conditioning	Conditioning and Core	Total Body Strength and Conditioning	
9:00 AM		Strength and Conditioning 101		Strength and Conditioning 101		
9:30 AM						Athletic Development
10:00 AM		Flexibility Development		Flexibility Development		
12:00 PM	Total Body Strength and Conditioning	Conditioning and Core	Total Body Strength and Conditioning	Conditioning and Core	Total Body Strength and Conditioning	
2:00 PM	Total Body Strength and Conditioning	Conditioning and Core	Total Body Strength and Conditioning	Conditioning and Core	Total Body Strength and Conditioning	
4:30 PM		Strength and Conditioning 101		Strength and Conditioning 101	Total Body Strength and Conditioning	
4:45 PM	30 Min Body Weight Conditioning		30 Min Body Weight Conditioning			
5:30 PM	Total Body Strength and Conditioning	Conditioning and Core	Total Body Strength and Conditioning	Conditioning and Core		
6:30 PM		Athletic Development		Athletic Development		

All classes are 45 min unless otherwise noted

*Classes subject to change