

## Achieving Your Best Summer 2018 Group Classes



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		AYB Performance		AYB Performance		
5:30 AM	AYB Performance		AYB Performance		AYB Performance	
5:45 AM		AYB Performance		AYB Performance		
6:30 AM	AYB Performance		AYB Performance		AYB Performance	
8:00 AM		AYB Performance		AYB Performance		
8:30 AM						Trainers Choice
9:00 AM	AYB Performance	AYB Foundations	AYB Performance	AYB Foundations	AYB Performance	
9:00 AM		AYB Performance		AYB Performance		
9:30 AM						Youth Foundations of Strength & Conditioning
9:30 AM						Trainers Choice
10:00 AM	Summer Youth Exercise		Summer Youth Exercise		Summer Youth Exercise	
10:45 AM						Youth Foundations of Strength & Conditioning
12:00 PM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance	
2:00 PM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance	
4:45 PM	AYB Foundations	AYB Foundations	AYB Foundations	AYB Foundations	AYB Foundations	
5:30 PM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance	
6:30 PM		Youth Foundations of Strength & Conditioning		Youth Foundations of Strength & Conditioning		
6:30 PM		Athletic Development		Athletic Development		

All classes are 45 min unless otherwise noted

\*Classes subject to change

### **AYB PERFORMANCE**

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

### **AYB FOUNDATIONS**

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.

### **TRAINER'S CHOICE**

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

### **YOUTH FOUNDATIONS OF STRENGTH & CONDITIONING**

Class designed for ages 8-15 to teach body awareness, correct movement patterns and improve strength, stability and power. Class will be divided into groups according to age/ability level.

