

SMALL GROUP TRAINING

MON.

TUES.

WEDS.

THURS.

FRI.

SAT.

SUN.



9:15 AM
The Training Zone
Danai



9:15 AM
The Training Zone
Diana



9:15 AM
The Training Zone
Jimmy



9:15 AM
The Training Zone
Joe



9:15 AM
The Training Zone
Danai



9:00 AM
The Training Zone
Danai



9:00 AM
The Training Zone
Joe



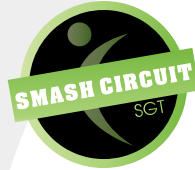
8:00 AM
The Gym
Trish



9:15 AM
The Movement Zone
Diana



9:15 AM
The Gym
Trish



9:15 AM
The Gym
Trish



10:00 AM
The Training Zone
Jimmy



6:00 PM
The Training Zone
Joe



6:00 PM
The Training Zone
Jimmy



5:30 PM
The Training Zone
Jimmy



7:00 PM
The Movement Zone
Camille



6:00 PM
The Movement Zone
Sam



6:30 PM
The Training Zone
Danai



6:30 PM
The Movement Zone
Jimmy

SEE BACK FOR PRICING & DESCRIPTIONS

ALLSPORT

SGT Class Packages Available:

1 class - \$15

10 classes - \$120

20 classes - \$200

Non-Member - \$20 per class

24-hour notice is required to cancel without penalty

Class Descriptions:



This class is supported by the science of Excess Post-Exercise Oxygen Consumption (EPOC) with the use of heart rate monitored training. Its effective plateau-busting workout is designed to keep heart rates in a target zone that increases metabolism and energy. **Held in The Training Zone.**



Take to the various stations for an incredible workout. You'll use rowers, bikes, treadmills, floor exercise, and more throughout the pre-set stations. **Held in The Training Zone.**



A fitness kickboxing class where you get cardio and instructed boxing work on heavy bags. You will get a total body workout with an 80% boxing and 20% cardio/floor work. It will build strength, speed, power, and boost metabolism while focusing on the core. **Held in The Gym.**



Half boxing, half circuit training. It's a mix of kickboxing stations that will build your cardio, strength, and endurance. Lace up your gloves and get ready to use the heavy bags, do push-ups, and switch exercises throughout the circuits. **Held in The Gym.**



Strength and cardio built-in with multiple sets of strength training using adjustable dumbbells with an increased intensity. Also, develop the after-burn effect as in HIIT, but now you're doing more training and shredding. **Held in The Movement Zone.**



The emphasis is on your core and glutes! Work with exercises such as planks on a Bosu, crunches with a medicine ball, or leg rotations. A high intensity training workout that will max your heart rate in a 60-minutes session. **Held in The Training Zone.**



A workout that uses a combination of equipment that incorporates body weight exercise to challenge the muscles, develop strength, balance, flexibility and core stability simultaneously. **Held in The Movement Zone.**



You'll be doing squats mixed with alternating kicks and lunges, and squats with pulses and overhead press. Cardio is done on traditional cardio machines like treadmills, rowers, bicycle and elliptical. This high intensity interval-training workout for 60-minutes will have all your muscles burning. **Held in The Training Zone.**



Keep the younger ones active, too! This modified HIIT session is made for youth ages 12 - 18 who want to keep a competitive edge during the off-season, or just want to come have a great workout session. **Held in The Training Zone.**