

SMALL GROUP TRAINING SCHEDULE

Monday

9:15AM Stronger / Diana
Training Zone

6:30PM Condition / Kim. L
Training Zone

Tuesday

10:00AM Tread and Shred / Kim. L
Training Zone

Wednesday

9:15AM Focusmaster Lean* / Danai
Training Zone

6:00PM Condition / Ben
Training Zone

Thursday

10:00AM Tread and Shred / Kim. L
Training Zone

6:00PM Stronger / Ben
Training Zone

Friday

9:15AM Focusmaster* / Diana
Training Zone

Saturday

8:15AM Smash & Burn* / Danai
Basketball Court

Sunday

9:00AM Condition / Danai
Training Zone

Schedule subject to change

***Boxing Gloves Required**

Members \$25/Class • ALL CLASSES REQUIRE REGISTRATION
*24 Hour cancellation policy for SGT Classes • No-show will result in loss of session. • Registration opens 7 days prior to class.
• Must have All Sport MyiClub account to register.
Visit www.allsporthealthandfitness.com for registration instructions.

CLASS DESCRIPTIONS

FocusMaster

Focusmaster will get you stronger, leaner and have you feeling unstoppable. This uniquely designed program is perfect for anyone looking to get in the best shape of their life. All the combinations are based on basic boxing and kickboxing fundamentals and our resistance training comes from your own body weight.

FocusMaster Lean

Change up the traditional Focusmaster workout with Focusmaster Lean. This uniquely designed program is perfect for anyone looking to get in the best shape of their life. All the Focusmaster boxing combinations are based on basic boxing and kickboxing fundamentals, however we have added more resistance training with dumbbells. This class mixes up dumbbell training to add the element of strength at the end of the boxing workout. In addition to a killer cardio blast, be prepared to train every muscle on the body, creating the perfect, 60-minute boxing and strength workout!

Condition

Mix up your cardio style and challenge your anaerobic threshold and power. We will be working in various work-to-rest ratios to increase aerobic and muscular endurance. Different types of training modalities will include mid-level weights, Dynamax Balls, battle-ropes, and kettlebells. Condition is a total body, heart pumping workout combining body weight and HIIT training guaranteed to push you to your limits.

Stronger

Stronger is a workout designed to sculpt the entire body. We use free weights and compound weight training to load our major muscle groups. Heavier weights for the bigger muscles, and lighter weights to focus on isolating the smaller muscle groups. We will bring a little bit of the weight room feel to create team setting and together focus more on muscle recruitment. Small bursts of cardio will be integrated to keep the heart rate up!

Smash and Burn

Smash and Burn is a mix of kickboxing, body weight exercises, and cardio all in one. It's a calorie torching workout that will leave you feeling like you can conquer the world.

Tread and Shred

Tread and Shred is a 60-minute HIIT style class dedicated to building cardio endurance and developing muscular strength. Every workout delivers a treadmill-style effort to challenge runners and power-walkers alike, while a weighted set of floor exercises work to increase strength and define muscles. You will not tread lightly in these classes as they promise to shred fat, chisel muscles, and turn you into a stronger, more efficient runner.

SMALL GROUP TRAINING

Prices and Packages 2021

Single Session - \$25 / \$30
(Member / Non-Member)

1 Week Unlimited - \$45
(1st time participants only)

5-pack - \$110
(1-Month Expiration)

10-pack- \$150
(3-Month Expiration)

20-pack - \$250
(6-Month Expiration)

1-Month Unlimited FLEX* - \$119
(Unlimited Recurring)

*Members with the unlimited recurring option are committing to a month-to-month EFT withdraw, until cancelling no less than 7-days prior to next billing date.