

SMALL GROUP TRAINING SCHEDULE

Monday

9:15AM Stronger / Diana
6:00PM Evolution / Danai

Wednesday

9:15AM Stronger / Renee
6:30PM Condition / Jen

Thursday

6:00PM Stronger / AJ

Friday

9:15AM Focusmaster* / Diana
Basketball Court

Saturday

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

Sunday

8:15AM Condition / Danai

Schedule subject to change

***Boxing Gloves Required**

All classes are held in The Training Zone unless noted otherwise.

Members \$25/Class • ALL CLASSES REQUIRE REGISTRATION

*24 Hour cancellation policy for SGT Classes

- No-show will result in loss of session or loss of pre-registration privilege.
 - Registration opens 7 days prior to class.
 - Must have All Sport MyiClub account to register.

Visit www.allsporthealthandfitness.com for registration instructions.

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CLASS DESCRIPTIONS

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.

Evolution

Evolution is the perfect program for those short on time, but big on results in only 40 minutes! A block of high intensity, functional, "slap in the face" workouts are sandwiched between a dynamic warm up and a core blast finisher. Using mostly body weight, you can count on testing your endurance, speed and coordination until you feel like the fittest version of yourself.

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.

BOXING GLOVES REQUIRED.

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. **BOXING GLOVES REQUIRED.**

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

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PRICES & PACKAGES

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.

*No-show will result in loss of session or loss of pre-registration privilege.