



Team Training Schedule!

Hours of Operation: Monday - Thursday 5:00am - 8:00pm • Friday 5:00am - 7:00pm • Saturday 7:00am - 12:00pm

TIME	Mon	Tues	Wed	Thurs	Fri	Sat
5:00am	STRONG	SHRED	STRONG	SHRED	STRONG	—
6:00am	—	—	—	—	—	—
7:00am	—	—	—	—	—	—
8:00am	—	STRETCH	—	—	—	SHRED
9:00am	STRONG	SHRED	SHRED	—	SHRED	STRETCH
10:00am	—	—	—	—	—	SPARTAN
11:00am	—	—	—	SHRED	—	STRONG
Noon	—	—	—	—	—	—
4:30pm	SHRED	STRONG	SHRED	—	SHRED	—
5:00pm	—	—	—	—	—	—
6:00pm	—	—	—	SHRED	—	—

STRONG!

-STRONG team training sessions are structured to take the place of a full body strength workout. These types of workouts are our #1 priority to burn calories and build lean muscle to boost your metabolism for the long term. These team training sessions are in sets of exercises for specific repetitions. You'll use weights that are challenging for set repetitions. Everyone goes at their own pace, but each week you'll push yourself to lift a little more than you did the week before. STRONG TEAM TRAINING sessions were designed to give our Essentials Members the benefits of a full body strength program. Work out with a coach during a customized session or take a STRONG session 1-3 times a week.

SHRED!

SHRED is designed to provide an absolutely individualized program for our Essentials Members. The work to rest periods are specific to you based on your heart rate and recovery. With the use of our Accurofit heart rate monitors, our members can truly experience a superior interval training effect that will provide the ultimate fat loss experience!

CHANGING THE WAY FITNESS IS DONE!