



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	STRONG	SHRED	STRETCH
10:00am	—	—	—	—	—	SPARTAN**
11:00am	—	—	—	SHRED	—	SHRED
Noon	—	—	—	—	—	—
4:30pm	SHRED	STRONG	SHRED	—	SHRED	—
5:00pm	—	—	—	—	—	—
6:00pm	SHRED	—	—	SHRED	—	—

STRONG!

-STRONG is the new SKINNY! Our STRONG classes will give you the strength, power, and tone you've always wanted. You want people to notice that you work out? They absolutely will! This team training session is a full body strength workout using every muscle in your body from your legs to your core to your back! These workouts are the #1 priority to burn calories and build lean muscle to boost your metabolism for the long term. Jump into one of these Team Training sessions 1-3 times a week!

SHRED!

-SHRED is exactly what you will see happen to your body fat after taking this class consistently. This workout takes cardio to a whole new level. Have you heard of High Intensity Interval Training (HIIT)? In this class, with the use of our Accurofit heart rate monitors, you will truly experience a superior interval training effect that will provide the ultimate fat loss experience!

STRETCH!

STRETCH is so much more than just a stretch class. You will perform stretches for every tight muscle from your shoulders, neck, hips and calves along with using self-myofascial release to get your muscles to relax, relieving any knots and reducing tension. You'll stand taller, feel relaxed, and be tension free when you finish.

SPARTAN!

SPARTAN is our brand new Obstacle Course Training Class with our expert Spartan SGX certified coaches who will show you the best techniques for dominating your next obstacle course race! You'll learn rope climbs, monkey bars, carries, throws, how to scale walls and more! Plus you'll get an excellent workout!

CHANGING THE WAY FITNESS IS DONE!