

# March Schedule

## SMALL GROUP TRAINING PROGRAMS

These results driven programs are run and designed by Certified Fitness Coaches. Class space is limited, only 4-12 people per class. This provides you the personal attention you are looking for while still getting the group training environment to keep you motivated! Monthly signups begin the 20th of each month on a first come first serve basis. Unlimited members may reserve a spot in 2 programs each month, as well as drop in to any other. Drop in signups begin 3 hours prior to closing the day before the scheduled program.

*Monthly signups require 3 month commitment, month to month thereafter*

**60 minutes: \$49 per month for 1 program**  
**30 minutes: \$29 per month for 1 program**  
**Only \$39 down and \$99 per month for Unlimited Programs!**

Monday	Tuesday	Wed	Thursday	Friday	Saturday
	<b>5:30am</b> Combat the Fat 60 minutes	<b>5:30am</b> Strength and Stretch 60 minutes	<b>5:30am</b> Suspension and Stability 60 minutes		<b>7:30am</b> Bosu 30 minutes
<b>9:30am</b> Bis, Tris, and Thighs 60 minutes		<b>9:00am</b> Combat the Fat 60 minutes		<b>9:00am</b> Balls and Bands 60 minutes	<b>8:15am</b> Training Camp 60 minutes
					<b>10am</b> Suspension and Stability 60 minutes
<b>5:00pm</b> TRX Fitness 30 minutes	<b>4:30pm</b> Combat the Fat 60 minutes	<b>4:30pm</b> Intense Intervals 30 minutes			
<b>5:30pm</b> Training Camp 30 minutes		<b>5:30pm</b> Killer Core 30 minutes		<b>5:30pm</b> Buttz and Gutz 60 minutes	
<b>6:00pm</b> Bosu 30 minutes			<b>6:00pm</b> Perfect Posture 30 minutes	<b>Club Hours:</b> Mon–Thurs 5:00am-9:30pm Friday 5:00am-8:00pm Sat 7:00am-5:00pm Sun 7:00am-3:00pm <b>508-832-3700</b>	
<b>6:30pm</b> Buttz and Gutz 60 minutes	<b>6:30pm</b> Strength and Stretch 60 minutes	<b>7:00pm</b> Yogalates 60 minutes			

**STRENGTH AND STRETCH** (Nicole) High intensity, low impact activities that exercise the whole body to improve cardio fitness, muscle strength, and flexibility.

**COMBAT THE FAT** (Team) High energy training to help burn off that unwanted fat. Program will help with your cardio endurance and build up your strength and conditioning.

**BOSU** (Nicole) Bosu training helps with your balance, stability, and core. A total body workout using a versatile pieces of equipment.

**BUTZ AND GUTZ** (Ginny) Tone, strengthen and shape your most intimate parts! This class is designed to strengthen your total core as well as shape and lift your backside while firming up your inner and outer thighs.

**BALLS AND BANDS** (Andrea) Stability balls, medicine balls, and bands will be used to improve your balance, strengthen your cardiovascular and core systems, and tone your upper and lower body.

**BIS, TRIS, AND THIGHS** (Nicole) Want leaner, more sculpted arms, thighs and abs? In this fast paced workout you will burn fat, build muscle, and increase your strength and endurance. Great for all fitness levels.

**TRAINING CAMP** (Nicole) Train like an athlete in this advanced program using Sleds, Ladders, Kettlebells, Ropes, Slams, we could go on.

**KILLER CORE** (Andrea) Need to alleviate lower back pain and/or improve your posture? Then you need to strengthen your core! This 30 minute workout will target all core muscles including your abdominal, oblique, and lower back.

**INTENSE INTERVALS** (Andrea) Using free weight exercises followed by quick bursts of cardio, you will strengthen and tone your entire body, improve your cardiovascular fitness, and burn off the unwanted fat! Non-impact exercises make this great for all levels!

**PERFECT POSTURE** (Andrea) Want to look taller and thinner? Sick of the ache between your shoulder blades or lower back? This program will strengthen and lengthen your spinal muscles, pull your shoulders back, improve your core, and help you stand tall again!

**SUSPENSION & STABILITY** (Nicole) Looking to shake up your workouts? Using TRX suspension techniques with proven stability equipment such as bosus, this program will sculpt and define your total body.

**TRX FITNESS** (Ginny) Using both basic and compound movements, this well rounded program will increase strength, muscle tone, flexibility, core strength, and overall fitness. By keeping your heart rate elevated, burn the maximum amount of calories in this 30 minute workout. Low impact exercises make this great for all levels.

**YOGALATES** (Heidi) This programs is for those who need to relax, de-stress, tone and tighten. Get all the benefits of yoga and pilates in one class!