

Group Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10am	Special Forces	BootCamp	Special Forces	BootCamp	Special Forces	
6:00am	Special Forces		Special Forces		Special Forces	
6:15am		Special Forces		Special Forces		
8:00am	Special Forces		Special Forces		Special Forces	
9:00am	Special Forces	Special Forces	Special Forces	Special Forces	Special Forces	Special Forces
10:00am	Special Forces	BootCamp	Special Forces	BootCamp	Special Forces	BootCamp
11:00am	Active Living	Stronger Living	Active Living	Active Living	Stronger Living	
12:15pm	Special Forces	BootCamp	Special Forces	BootCamp	Special Forces	
4:00pm	Special Forces	Special Forces	Special Forces	Special Forces	Special Forces	
4:30pm	Special Forces	Special Forces	Special Forces	Special Forces	Special Forces	
5:30pm	BootCamp	Special Forces	BootCamp	Special Forces	Special Forces	
6:30pm	Special Forces		Special Forces			

BootCamp- \$59 per Month / Includes Les Mills SPRINT

This is a Dynamic 45 minute workout combines Aerobic Exercise and Body Weight Resistance Training. It is a great way to Boost Aerobic Capacity, Raise Metabolic Rate, Lose Weight, and Break through Plateaus!

Special Forces- \$99 per Month / Includes BootCamp and SPRINT

Essentially Personal Training in a Group Setting, Special Forces is intended to work all Major Muscle Groups while teaching Proper Technique and giving Personal Attention to each exercise and participant. Strength Training is at the heart of any fitness goal, and is the focus of our Program.

Active Living- \$30 per Month.

Customized for our active older adults! Our fitness professionals combine aerobic, flexibility, and strength training in a positive, energizing environment. Exercises included are designed to increase flexibility, joint stability, balance, agility, muscular strength, core strength and cardiovascular endurance.

Stronger Living- \$49 per Month includes Active Living.

After the age of 40 we lose about 5% of our muscle mass per decade, this is the opportunity to reverse that effect. This workout is intended to maintain/increase muscle mass to maintain a healthy youthful appearance and lifestyle. Following along with our Special Forces program we will take you through all 5 phases of training with an emphasis on strength and power!