

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10AM	Small Group Training		Small Group Training		Small Group Training	
6:00AM	Small Group Training		Small Group Training		Small Group Training	
8:00AM			Pickleball Conditioning Starts 11/1		Pickleball Conditioning Starts 11/1	8:15 Bootcamp
9:00AM	Small Group Training	Kettlebell	Small Group Training	Kettlebell	Small Group Training	
10:00AM						
11:00AM	Stronger Living		Stronger Living		Stronger Living	
12:00PM	Small Group Training		Small Group Training		Small Group Training	
4:30PM	Small Group Training	Bootcamp	Small Group Training	Bootcamp	Small Group Training	
5:30PM	Small Group Training		Small Group Training	Intro to Small Group Training		
6:00PM	Strong for the Slopes Starts 10/16		Strong for the Slopes Starts 10/16			

All Classes require an additional charge to membership, see your favorite trainer for details!

## Tier 1 - Small Group Training - \$89 plus tax per Month

Essentially Personal Training in a Group Setting, Small Group Training 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. *This Tier also includes Kettlebell and Bootcamp!*

## Tier 2 - Kettlebell/Bootcamp - \$49 plus tax per Month

Kettlebell Class focuses on our most versatile piece of equipment. This class uses timed intervals to get your cardio, strength and conditioning all at once! BOOTCAMP IS BACK! Kick your butt with some High Intensity Circuit Training! This class will emphasize building mental fortitude while having a killer cardio focus. Both of these classes are a great way to supplement your training program! \* Check App, training room or FB Group for Summer Outdoor Bootcamps.

## Tier 2 - Stronger Living - \$49 plus tax per Month

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, while focusing on stability and endurance to not only increase your lifespan but your ability to enjoy your life! \*Small Group Training does NOT include Stronger Living.

## Strong for the Slopes - \$150 plus tax. Members save 20% / SGT members save 30%

Hit opening day in better shape than your friends with Strong for the Slopes. NASM Certified Personal Trainer, Diana Layton, and Gregory Huefner, from Peak Performance, will lead this 5 week program with the intention of getting your cardiovascular fitness and lower body strength endurance prepped for the 2024 ski & snowboard season.

## Pickleball Conditioning - \$150 plus tax. Picklers save 10%

This Pickleball focused conditioning class is designed to help improve your speed and physical fitness level in order to better prepare you to hit the court as well as improve your skills in the game of pickleball. You will also strengthen and maintain the muscles needed for lateral movement in order to help prevent injury.

## Introduction to Small Group Training - FREE

This class will teach you the basic moves and lifting principles that will prepare you to lift weights on your own or in our Tier classes.

\*Limited to all never taken Small Group Training. Free only for your first class. Standard drop in fee applies thereafter.