

Small Group Training

Monday 5:30pm/Tuesday 5:45am: Patti – Interval Training

- Fast paced total body workout using both bodyweight and various equipment.

Monday 10:30am/Wednesday 10:30am: Melanie – Get R.I.P.P.E.D

- Experience this total body “plateau-proof” fitness formula using resistance and cardio training and masterly combining: **R**esistance, **I**ntervals, **P**ower, **P**lyometrics, **E**ndurance, **D**umbbells.

Tuesday 7:00pm: Cristina – Fit Physique

- A group interval workout targeting your entire body focusing on endurance, toning, balance, stability and coordination. A great way to make sure your evenly training each muscle group safely, Starting June 26th.

Wednesday 5:30pm: Patti – Resistance Training

- Strength based workout using heavier weight and resistance to help strengthen and tone muscles.

Wednesday 9:30am/Thursday 9:30am/Saturday 10:15am: Donna – Group Training

- Overall body conditioning using weights, step, and bodyweight exercises.

Thursday 5:45am: Patti – Interval Cardio/Core

- Workout focusing mainly on cardio exercises and targeting the core muscles.

Thursday 7:00 pm: Robin– Bootcamp Babes!

- A good ole fashioned bootcamp style class focused on burning fat, building strength, and having fun. Bring your BFF; the more the merrier!

Thursday 1:00pm: Donna – Balance in Motion

- Functional exercises for the female body as it ages in time.

*Small Group Training classes with less than three participants will be subject to cancellation at the end of each month.

FEES: See a Program Advisor to sign up or for further information.

