SMALL GROUP TRAINING

October 2015

MON	TUE	WED	THU	FRI	SAT	SUN
			9:30 - 10:10am **Body Sculpt** *Donna*			
10:30 - 11:10am **Get R.I.P.P.E.D.** *Melanie*		10:30 - 11:10am **Get R.I.P.P.E.D.** *Melanie*			10:00 – 10:55pm **HF Challenge** *Sarah*	
4:30 – 5:25pm **HF Challenge** *Patti*						
	5:30 – 6:25pm **HF Challenge** *Angela* 6:30 – 7:25pm **HF Challenge** *Donna*	5:30 - 6:10pm **Low Impact Circuit** *Patti* 7:00 – 7:55pm **HF Challenge** *Rosa* 8:00 – 8:55pm **HF Challenge** *Rosa*				

Small Group Training can be purchased through packages or monthly service plans.

HF CHALLENGE ENDS WEEK OF NOVEMBER 16th

1000 East Boston Post Road
Mamaroneck, NY 10543
914.670.0600 • healthyfit.com
Mon – Thu 5am-10pm • Fri 5am-9pm • Sat & Sun 7am-7pm

SMALL GROUP TRAINING

BODY SCULPT
An overall body conditioning training session using weights, step, bars and bands. Work the body from head to toe and feel energized all day!

GET R.I.P.P.E.D!
Experience this total body “plateau-proof” fitness formula using resistance and cardio training in masterly combinations: Resistance + Intervals + Power + Plyometrics + Endurance + Dumbbells = R.I.P.P.E.D!

HF CHALLENGE
Welcome to the HealthyFit Challenge 2015! This 8-week fitness Challenge is all about you upping your personal best. Take the 8-week Challenge to get stronger, improve endurance and cardio fitness, and to enter the Holiday season in your best shape ever!

LOW IMPACT CIRCUIT
This training session will vary between strength based workouts using heavier weights and more resistance to help strengthen and tone muscles, and faster paced workouts using bodyweight exercises and various types of equipment. The change-up keeps your muscles challenged and avoids annoying plateaus as you move toward your fitness goals. Modifications will be offered as needed.

Small Group Trainings with fewer than 3 participants are subject to cancellation.

Fees: Please see a Program Advisor for more information

Talk to a Program Advisor TODAY to schedule complimentary demo!