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Small Group Training Schedule | August 29 – October 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Outdoor Boot Camp 9:00-9:45 a.m. Lexi \$50/\$100			
TRX Suspension & Weights 5:30-6:15 p.m. Ro \$40/\$80 ** No class 9/6		Outdoor Boot Camp 5:00-5:45 p.m. Lexi \$50/\$100		
Group Cycle 5:30-6:15 p.m. Sheila \$32/\$64 **No Class 9/6				

Class Descriptions:

Group Cycle: A challenging 45-minute ride that will combine strength and endurance components associated with cycling. All levels welcome!

Outdoor Boot Camp: In this small group training class, enjoy the weather and take your fitness outside! Flip tires, use battle ropes, slam medicine balls and more during this fun fitness program. All done outside!

TRX Suspension & Weights: TRX Suspension exercise builds a solid core and increases muscular endurance by using bodyweight exercises. This class will also incorporate cardio and weights such as kettle bells and medicine balls. A great workout that can be modified for all fitness levels!

