

Team Training

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00		Afterburn <i>Shane</i>		Afterburn <i>Parker</i>		
9:30am	Afterburn <i>Parker</i>	Foundations <i>Parker</i>	Afterburn <i>Shane</i>	Foundations <i>Mike</i>	Hybrid	Hybrid
4:30pm		Youth Fitness <i>Parker</i>		Youth Fitness <i>Parker</i>		
5:40pm	Afterburn <i>Mike</i>	ELITE <i>Shane</i>	Afterburn <i>Mike</i>	ELITE <i>Shane</i>		

This room will be closed during class times, and also 15 minutes before.

Class Descriptions

Foundations- This Group Personal Training Class is a great way for beginners and advanced members to workout together and still get an effective workout! This class will incorporate full body movements, but will offer entry level options to those who are new to the program.

Afterburn- A fun and energetic mix of resistance training and cardio vascular endurance. This class will work your entire body using functional movements to strengthen, tone, and burn fat. Beginners to advanced will be able to work out side by side with our scalable options and emphasis on corrective coaching.

Elite- This class focuses on higher reps, with increased weight. Elite brings maximum intensity cardio and resistance training in only one hour. Challenge yourself to taking it to the highest level!

Youth Fitness - Teaching positive gym and health habits at an early age can set your children up for life-long fitness success. Join in on our newest team program with this after-school program taught by our team of Certified Personal Trainers!