



**Four Seasons Association
 SPRING INTO FITNESS!
 SMALL GROUP TRAINING
 March 3rd – May 4th, 2014
 SESSION II 9 weeks**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15AM ROCK-BODY BOOTCAMP Donna				
			10:15AM TRX Kim		
9:00AM SASSY & STRONG Kim		10:00AM BEGINNING STRENGTH TRAINING Kathy		9:00AM TNT FSI Crystal	
			5:00PM TheFitRace Jesse	5:30PM TNT Crystal	

Pre-Registration is Monday February 17th @ 8am until Tuesday, February 18th @ 8pm.

This is for members who are *currently* enrolled in a Small Group. They can register in any Small Group and/or any Small Group that was not full in the previous session.

Open Registration is Wednesday February 19th starting @ 8am. Fee is \$15/week.

If you join **AFTER** the session begins the rates are prorated based on number of weeks remaining in the session. Registering during pre and open registration requires full payment for the entire session. **(payment for a partial session is not accepted)**. "Walk-in's" are \$20/each, and are at the discretion of the Trainer and your Health History Questionnaire. Make-up's are arranged through the Personal Trainers, and are not guaranteed. Make-ups do not rollover from session to session. Sorry, no refunds.

Cut-off date to register into a Small Group for this session is April 13th 2014. After that date, only the walk-in option will be available.

Health History Questionnaire

Your health safety matters to us! Members who wish to participate in Small Group Training will be asked to fill out a Health History Questionnaire (HHQ) prior to starting any sessions. This form identifies risk factors for cardiovascular disease and will indicate if obtaining physician clearance is necessary based on current health status. Please pick up a HHQ at the Front Desk.

OVER FOR CLASS DESCRIPTIONS

Updated March 10, 2014

SMALL GROUP TRAINING DESCRIPTIONS

BEGINNING STRENGTH TRAINING

Want to take up a strength or fitness program but don't know where to start? The purpose of Beginning Strength Training is to help beginners build a strong foundation of current knowledge and experience in beginning strength training and conditioning. This Small Group will include teaching of proper technique and safety practices for a variety of strength training exercises designed to work every major muscle group, along with modifications based on your current fitness level and goals. Not only for the beginner, but also for those who are interested in a more moderate workout program.

THE FITRACE

The FitRace is a class where teams are decided at the beginning of class and a list of exercises provided to the teams. Points are given for completing the allotted number of reps of each exercise. This is a friendly competition based class. The advantage is not wanting to lose, but to also push yourself as hard as YOU can to help your team. The FitRace is chaotic in nature but form is never sacrificed and progressions/regressions are always available.

ROCK-BODY BOOTCAMP

Adrenaline pumping cardio and strength class incorporates plyometrics coupled with high volume resistance training to boost metabolism, endurance and overall fitness. Lean muscle and oxygen burn fat and achieve the body composition you're looking for. It's your "go to" workout that inspires ideas to help you develop a workout of your own outside of class!! Never the same workout twice.

SASSY & STRONG

Different every week and always a fun combination of strength, endurance and core work. Compete with yourself and sometimes each other for a fun and sweat filled hour.

TNT

Explosive! Powerful! Packed to the max! Build self-confidence with every session you take. Notice your body becoming stronger and see the difference in the mirror. Every workout includes bodyweight work, cardio endurance and lifting for muscle growth which leaves you feeling great! No matter what physical shape you're in progressions/regressions are available for you to hit YOUR potential! TNT!

GOLF FITNESS

This program will focus on improving the foundational mechanics involved in the golf swing. By incorporating a mix of flexibility and core stability training with traditional strength components our goal is to improve both the power and endurance required to flight the golf ball further and straighter than before.

TRX

TRX is a full body workout for all fitness levels come join me for a good time and a real body challenge with minimal equipment!

POWER LIFTING FOR TEENS

This Small Group for teens is a basic weight training for beginners, focusing on bench deadlift, squat and gym etiquette. FS1

TRIATHLETE STRENGTH TRAINING

Come join me in helping you become the triathlete you want to be. Doing repetitive triathlon training alone results in loss of mobility, injury, and decreased performance. In this Small Group Session, you will learn a specific strength training program implementing 5 key elements. Recent and effective research (USA TRIATHLON) supports strength training as a critical component for an overall training program for endurance sports, particularly when performed using the right kind of exercises, using adequate resistance, and in conjunction with more typical triathlon training.