



**Four Seasons Association  
SMALL GROUP TRAINING  
September 2<sup>nd</sup> – November 2<sup>nd</sup>, 2014  
Session V 9 weeks**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>5:30AM FIT-4-LIFE Jim</b>				
		<b>9:00AM SASSY &amp; STRONG Kim</b>			
		<b>6:00PM FIT-4-LIFE Jim</b>	<b>5:30PM TNT Jim</b>		

**Pre-Registration is Monday August 18<sup>th</sup> @ 8am until Tuesday, August 19<sup>th</sup> @ 8pm.**

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

**Open Registration is Wednesday August 20<sup>th</sup> starting @ 8am. Fee is \$15/class.**

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 class for this session is October 15<sup>th</sup>. 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 8-18-2014*

## **SMALL GROUP CLASS 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.

### **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!

### **FIT-4-LIFE**

This group training session incorporates functional movements with medium to high intensity resistance and cardiovascular training to build strength and lean muscle mass, increase endurance and improve overall fitness level. Instructor will provide exercise modifications for participants of all fitness levels.