



Four Seasons Association
SMALL GROUP TRAINING
November 3rd-December 21st, 2014
Session VI 7 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15AM HIRT Jim				
		9:00AM SASSY & STRONG Kim			
		6:45PM HIRT Jim	5:30PM HIRT Jim		

Pre-Registration is Monday, October 20th @ 8am until Wednesday, October 22nd @ 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, October 22nd 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 December 3rd. 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 10-1-2014

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.

HIGH INTENSITY RESISTANCE TRAINING

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.