



**Four Seasons Association  
SMALL GROUP TRAINING  
January 5<sup>th</sup>-March 1<sup>st</sup>, 2015  
Winter Session I (8 weeks)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>5:15AM HIRT Jim</b>				
			<b>11:15AM BST Kathy (Dec 11-Feb 26, 2015) *</b>		
<b>5:00PM HIRT Jim</b>		<b>6:45PM HIRT Jim</b>	<b>6:30PM HIRT Jim</b>		

**Pre-Registration is Monday, December 15th @ 8am until Wednesday, December 17th @ 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, December 17<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 February 5th. 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 12/23/2014*

## 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. **Please note that this Small Group class does not follow the winter schedule. This session begins on Thursday, December 11<sup>th</sup>- February 26, 2015 (8 weeks). Interested members are able to purchase this Small Group Training class now!**

### 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.