



**Four Seasons Association
SMALL GROUP TRAINING
March 2nd-May 3rd, 2015
Spring Session II (9 Weeks)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					6:00AM USAPFT Dan FSI
			11:15AM BST Kathy FSII		
		6:45PM HIRT Jim FSII	6:30PM HIRT Jim FSII		

Pre-Registration is Monday, February 16th at 8:00 AM

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, February 18th at 8:00 AM. 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 April 9th, 2015. 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 2/13/2015

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.

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. **Please note that these classes will not follow the Small Group Training Schedule. Please Contact Samantha Fleming at 309-661-8611 ext. 255 for more information.**

UNITED STATES ARMY PHYSICAL FITNESS TEST

How would you do in the United States Army Physical Fitness Test? It's the Army's way to get a sense of a Soldier's overall fitness level and is taken twice a year by all Soldiers. The test consists of two minutes of push-ups, a 10 minute rest, two minutes of sit-ups, a 10 minute rest, and then a two mile run. You will need a minimum score of 60 in each event to pass, going to a maximum score of 100 to "Max" it out with 300 points possible. You'll be graded with the same standards the Army uses and will be tested throughout the program to see your progress. Dan Wakeman, a 26 year active duty Army Veteran will be overseeing the class. Scores are not given but EARNED! This class will be held at Four Seasons I and will meet on Saturday's and just like our military men and women, at 6:00 AM!