

Small Group Training

Session III May 4 – June 28

Pre-Registration:

Monday, April 20 at 8:00am

(for participants already enrolled in a class)

OPEN Registration:

Wednesday, April 22 at 8:00am

Please register online or at the Front Desk

Registrations and/or payments will NOT be accepted over the phone.

Health History Questionnaire (available at the Front Desk) required prior to beginning any session.

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, with a maximum score of 100. You'll be graded with the same standards the Army uses and will be tested throughout

the program to chart your progress. **Dan Wakeman**, a 26 year active-duty Army veteran will oversee the class. Scores are not given but EARNED! **Class meets at FS I on Saturdays at 8:00am.**

BOOT CAMP

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. **Jim Casino**, Certified Personal Trainer, will provide exercise modifications for participants of all fitness levels. **Class meets at FSII on Thursdays at 6:30pm**

(Note: dates for this class will not follow the Small Group Training Schedule).

HIRT

Please Contact Samantha Fleming at 309-661-8611 ext. 255 for more information.