



**Four Seasons Association
SMALL GROUP TRAINING
August 31-October 25 (8 Weeks)
Fall 1 Session V**

Monday	Tuesday	Wednesday	Thursday	Friday
5:00PM SGPT			5:30PM SGPT	
6:00pm SGPT			6:30PM SGPT	

Registration is Wednesday, August 19th at 8:00am FSII

If you join **AFTER** the session begins the rates are prorated based on number of weeks remaining in the session. 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.

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 7/29/2015

SMALL GROUP CLASS DESCRIPTION

SMALL GROUP PERSONAL TRAINING (SGPT)

Whether you are a beginner, an avid fitness enthusiast, or just tired of the same routine, come try Small Group Personal Training at Four Seasons. Small Group Personal Training (SGPT) is designed for individuals that want a personalized training experience and are willing to share time and costs of a certified Personal Trainer.

The structure of SGPT allows you to take full advantage of our expert training staff and train in a team environment that promotes encouragement, accountability and RESULTS. Each workout is designed to increase your functional strength, reduce injuries, and boost your metabolism.

SGPT sessions deliver a total body resistance and cardiovascular workout designed to increase strength, improve body composition, and increase cardiovascular efficiency. Participants will experience a variety of strength building circuit-type intervals that combines weightlifting movements; plyometrics/cardio, core work and stretching.

This class will be held at FSII with Jim Casino as the trainer. Maximum of 6 members per group and a minimum of 4.