



## Small Group Training Schedule

FIND YOUR SCHEDULED TIME FOR SGT (USING THE QUEENAX MACHINE) IN THE BOXING AREA AT FSII ONLY.

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<b>5:00 AM</b>	<b>Alex</b>		<b>Alex</b>		<b>Alex</b>		
<b>6:00 AM</b>	<b>Alex</b>	<b>David</b>	<b>Alex</b>	<b>Matthew</b>	<b>Sabrina</b>		
<b>7:00 AM</b>		<b>Sabrina</b>			<b>Sabrina</b>		
<b>8:00 AM</b>	<b>Alex</b>		<b>Alex</b>	<b>Alex</b>			
<b>9:00 AM</b>	<b>Lauren</b>	<b>Alex</b>	<b>Lauren</b>	<b>Alex</b>	<b>Chad</b>	<b>Jim</b>	
<b>10:00 AM</b>						<b>Jim</b>	
<b>11:00 AM</b>							<b>Cristina</b>
<b>3:00 PM</b>					<b>Sabrina</b>		
<b>4:00 PM</b>			<b>Sabrina</b>		<b>David</b>		
<b>5:00 PM</b>	<b>Jim</b>	<b>Cristina</b>	<b>Cristina</b>	<b>Cristina</b>	<b>David</b>		
<b>6:00 PM</b>	<b>Jim</b>	<b>Cristina</b>	<b>Lauren</b>	<b>Cristina</b>			
<b>7:00 PM</b>							

Registration is ongoing and can be completed at the Front Desk. Be sure to identify which section you'd like to attend. However, you can make up your session in any of the other groups without losing your session! No cancellation fee.  
Walk-ins are welcome. Don't see a day and time listed that you like? Grab at least two friends and we will add it! Questions? Email Jessica Schauls, Fitness Center Manager, at [jessica@4seasons-club.com](mailto:jessica@4seasons-club.com) or ask the Front Desk staff.

**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. Please pick up a HHQ at the Front Desk. Updated 11/3/2017.**