



Small Group Training Schedule

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

SGT WITH * AND HIGHLIGHTED IN BLUE ARE HELD DOWNSTAIRS IN PT STUDIO AT 4SII 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>
5:00 AM	FS		FS		FS		
6:00 AM	FS	TBC	FS	HB	TBC		
6:00 AM	HB		TBC*		HB		
7:00 AM		TBC			TBC		
8:00 AM	FS		FS	FS			
9:00 AM	TBC	FS	TBC	FS	FS	FS	
10:00 AM						FS	B&G
11:00 AM							TBC
3:00 PM					FS		
4:00 PM			TBC		TBC		
4:15 PM					MM*		
4:15 PM					C&C		
5:00 PM	FS	TBC	TBC	TBC			
5:00 PM	MM*						
5:30 PM				FS*			
5:30 PM		HB		HB			
6:00 PM	FS	TBC	TBC	TBC			
6:30 PM			MM*				

Class descriptions on reverse side.

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 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 1/16/2018.

Please review the class descriptions below to choose the best Small Group Training for you!

- 1. (FS) Functional Strength:** Build maximum strength in a safe and effective manner.
- 2. (TBC) Total Body Conditioning:** Combination of strength and cardio for high metabolic/calorie burn.
- 3. (HB) HIIT Boxing:** Fun kickboxing element combined with high intensity interval training for maximum fat loss.
- 4. (MM) Modified/Mobility:** Strength and conditioning that adapts to your level of ability and mobility.
- 5. (B&G) Buns & Guns:** A complete, total body workout with an emphasis on defining arms (biceps, triceps) and glutes.
- 6. (C&C) Core & Conditioning:** Maximize calories burned while strengthening and toning your mid-section.

