



## Personal Training Class Schedule

FIND YOUR SCHEDULED TIME FOR PT CLASS IN THE SOUTH COURT AT **FSI ONLY**. **CLASSES IN BLUE CAN BE FOUND UPSTAIRS IN FITNESS STUDIO.**

AGES 13+ WELCOME IN ALL CLASSES WITH PARENT RELEASE OF LIABILITY. Ages 11 & 12 WELCOME IN CLASS WITH A PARENT.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM							
6:30 AM		Ashlyn - TBC		Ashlyn - TBC			
10:00 AM		Lauren - FS		Lauren - FS			
10:30 AM							
11:00 AM							
11:30 AM	Ashlyn - FS		Ashlyn - FS				
12:00 PM	Ashlyn - TBC		Ashlyn - TBC				
12:30 PM							
4:45 PM				Nicole - HS			
4:45 PM							
5:15 PM							
5:30 PM	Matthew - HB	Marcie - TBC		Marcie - TBC			
5:30 PM			Matthew - HB				
6:00 PM	Matthew - HB		Matthew - HB				
6:00 PM							

Updated: 3/21/2018

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

- (FS) Functional Strength:** Build maximum strength in a safe and effective manner.
- (TBC) Total Body Conditioning:** Combination of strength and cardio for high metabolic/calorie burn.
- (HB) HIIT Boxing:** Fun kickboxing element combined with high intensity interval training for maximum fat loss.
- (HS) HIIT Spin:** High intensity spin combined with body weight exercises for a challenging ride.