



Personal Training Class Schedule

FIND YOUR SCHEDULED TIME FOR PT CLASS IN THE SOUTH COURT AT **FSI ONLY**.

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

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:30 AM		Ashlyn - TBC		Ashlyn - TBC			
5:30 PM	Matthew - HB	Marcie - TBC	Matthew - HB	Marcie - TBC			

Updated: 6/26/2018

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.

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 6/26/2018.