



## Small Group Training Schedule, FSII

FIND YOUR SCHEDULED TIME FOR SGT IN THE BOXING AREA AT FSII ONLY.

SGT HIGHLIGHTED IN *BLUE* ARE HELD IN THE PT STUDIO.

SGT HIGHLIGHTED IN *GREEN* ARE HELD IN THE STRONG STUDIO.

<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	Alex		Alex		Alex		
6:00 AM	Alex	David	Alex	Matthew *HB	Sabrina		
8:00 AM	Matthew *HB						
8:30 AM		Alex		Alex			
9:00 AM	Ashlyn		Ashlyn		Ashlyn	Jim	
11:00 AM							Cristina
4:00 PM	Sabrina	Sabrina	Sabrina				
4:15 PM				Sabrina	Sabrina *MM		
5:00 PM	Jim	Cristina	Cristina	Cristina			
	Sabrina *MM						
5:30 PM		Matthew *HB		Matthew *HB			
6:00 PM	Jim	Cristina	Jim	Cristina			

Small Group Training is *personal training* designed to get you to your goals, whether it be weightloss or strength, in a fun, supportive, group setting.

The following classes are open to all SGT participants. Please note that the following classes have a specialty element, stated below:

**(HB) HIIT Boxing:** Fun kickboxing element combined with high intensity interval training.

**(MM) Modified/Mobility:** Adapts to higher needs of modifications and provides additional mobility exercises.

**Start today!**

Sign-up at the Front Desk at FSII. Email questions to Jessica Schauls, Fitness Center Manager, at [jessica@4seasons-club.com](mailto:jessica@4seasons-club.com).

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