



Small Group Training Schedule, FSII

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

SGT HIGHLIGHTED IN GREY ARE HELD ON THE CARDIO AREA BY THE TURF.

SGT HIGHLIGHTED IN BLUE ARE HELD IN THE PT STUDIO.

SGT HIGHLIGHTED IN GREEN ARE HELD IN THE STRONG STUDIO.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Alex		Alex		Alex		
6:00 AM	Alex	Matthew	Alex	Matthew	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	Sabrina			
4:15 PM					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.

Updated 2.26.2019.



