

# SMALL GROUP TRAINING SCHEDULE



*All Small Group Training classes are held at Four Seasons II (on Airport Road), are held in the Small Group Training area, unless indicated otherwise, and are 60 minutes in length.*

Small Group Training (SGT): Designed by our premier personal training team for optimal fat loss and adapted to meet each individuals' needs.  
Modified Mobility (MM): Adapts to higher needs of modification and provides additional mobility exercises.

## **MONDAYS**

5:00am SGT *with Kate*  
6:00am SGT *with Kate*  
9:00am SGT *with Jim*  
4:00pm SGT *with Sabrina*  
5:00pm MM *with Sabrina* \*PT Studio\*  
5:30pm SGT *with Nina*

## **TUESDAYS**

6:00am SGT *with Alex L.*  
9:00am SGT *with Alex L.*  
4:00pm SGT *with Sabrina*  
5:30pm SGT *with Ann*

## **WEDNESDAYS**

5:00am SGT *with Kate*  
6:00am SGT *with Kate*  
9:00am SGT *with Jim*  
4:00pm SGT *with Sabrina*  
5:30pm SGT *with Nina*

## **THURSDAYS**

6:00am SGT *with Alex L.*  
9:00am SGT *with Alex L.*  
4:00pm SGT *with Sabrina*  
5:30pm SGT *with Nina*

## **FRIDAYS**

5:00am SGT *with Kate*  
6:00am SGT *with Sabrina*  
9:00am SGT *with Jim*  
4:00am SGT *with Sabrina* \*Strong Studio\*

## **SATURDAYS**

9:00am SGT *with Jim*

## **SUNDAYS**

10:00am SGT *with Jim*

For live updates on class cancellations/changes, check the myclub class schedule.

For additional information or questions, contact Jessica Schauls, Fitness Center Manager, at [jessica@seasons-club.com](mailto:jessica@seasons-club.com).

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