



AUGUST 2017 • • •

Club Hours

Monday-Friday, 5AM-10PM

Saturday-Sunday, 8AM-8PM

The Miracle of Small Group Training

By Matt Schifferle, Elite Personal Trainer

Think about all of the benefits of small group training (SGT) and the word miracle springs to mind. The number of benefits it can provide is massive! People who attend end up working out smarter, harder, more frequently and much longer.

#1- Brings social support and community

It's like belonging to a special club. Groups are made up of like-minded folks looking for the same results. Now you have a complete entourage to help guide and support you.

#2- Get personalized instruction

Since classes top out at 5-6 people you won't get generic instructions shouted out. With SGT you'll be able to directly ask the instructor questions about your specific needs and receive specific feedback for your personal challenges.

#3- Learn both new exercises and workout styles

You should be making progress towards your goal every week without exception. It's a high expectation, and can be met as long as you keep learning something new every few days. You learn new exercises and workout styles each week and better ways to progress the basic exercises. Nothing produces results like learning how to do classic exercises better and better.

#4- Keep your workouts consistent

Lack of consistency is the #1 reason for failing to reach a weight loss or fitness goal. Knowing that you have a workout scheduled and people counting on you will keep you on track when life gets hectic.

#5- Fraction of the cost

Nothing beats the effectiveness of 1-on-1 training, but SGT can offer very similar benefits at a fraction of the cost. This makes it the ideal supplemental program for your training plan and personal workout.

At the end of the day, you get massive benefits you simply cannot gain by working out solo, while saving time, money and effort. It will help you grow and develop as an athlete and a fitness enthusiast much faster than just going through the same old routine.

After all, nothing feels more miraculous than looking back and realizing how far you've come in such a short period of time.

HOTTER than EVER

August 1-31

**5 Small Group
Training Sessions
for \$99***

(20% Savings!)

*First time clients only

Let's Move

July 31-August 4

Pump up the jam. Learn about your body, inside and out, what makes you tick and how important it is to stay active. Couple this with a daily schedule of guided tennis, swimming, rock climbing, instructor taught classes, self expression with the arts and making new friends along the way.

Parents' Night Out

Friday, September 8, 5-9PM

Join us for the movie "Finding Nemo". Great art activities, games, pizza, snacks and water.

Group Fitness at a Glance

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

STUDIO A

6:00AM	Bootcamp Myrna	BODYPUMP™ Danielle	TurboKick Jennifer	Fusion Lynn	Bootcamp Katie		
8:30AM	TurboKick Hillary	Barre Kristin	PUMP/ATTACK Tina	Strength Miguel	Power Salsa Miguel	Barre Margaret	Bootcamp Tina
9:30AM	BODYPUMP™ Susan	Stretch Miguel	BODYPUMP™ Tobie	Fit Mix Miguel	BODYPUMP™ Tina	BODYPUMP™ Angela	TurboKick Hillary
10:30AM	Strength Malita	TurboKick Lloyd	Strength Hillary			TurboKick Ling	Barre Gloriella
11:30AM	Barre Margaret	Zumba® Ariela					
12:30PM						Pilates Sculpt Jackie/Miguel	
4:30PM							BODYPUMP™ Tina
5:30PM	Power Salsa Miguel	BODYPUMP™ Susan	Bootcamp David	TurboKick Lloyd			Zumba™ Ariela
6:30PM	Bootcamp John	Zumba® Ariela	Barre Mike	BODYPUMP™ Lloyd			

STUDIO B

6:00AM		BODYFLOW™ Vonetta		Yoga Pam			
8:30AM	Yoga Kristin		Yoga Pam		BODYFLOW™ Vonetta		
9:30AM	Pilates Kristin		Stretch Ling		Pilates Shirmel		
10:30AM		Yoga Nicole	Yoga Melissa		COURAGEOUS LIVING Joy	Yoga Melissa	Yoga Staff
11:30AM				Yoga Tra		Stretch Jackie/Miguel	
12:30PM					Yoga Sarah		
5:30PM	BODYFLOW™ Tina	Pilates Miquel	LIVE WELL Tina	BODYFLOW™ Jay			Yoga Stretch Drew/Irene
6:30PM	Yoga Georgia	Yoga Alexis		Yoga Ling			

CYCLE

6:00AM	Cycle Kirstie	Cycle Liz	Cycle Alison	Cycle Kirstie	Cycle Lauren		
9:30AM	Cycle Tobie		Cycle Hazel		Cycle Hazel	Cycle Karen	
10:30AM						Cycle Tobie	
4:30PM							Cycle Chris
5:30PM		Cycle Drew		Cycle Karen			
6:30PM	Cycle Stephanie		Cycle Chris				

WATER

9:30AM	H2O Annika		H2O Annika		H2O Ling		
6:30PM		H2O Lavar		H2O Staff		H2O Colleen	