

TEAM TRAINING

Effective January 1, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning						TEAM CROSSTRAIN 9:00 am Shawn
	TEAM CROSSTRAIN 10:00 am Heather	TEAM CROSSTRAIN 10:00 am Michelle	TEAM CROSSTRAIN 10:00 am Shelly	TEAM CROSSTRAIN 10:00 am Kendall	TEAM CROSSTRAIN 10:00 am Shelly	
afternoon/ evening		TEAM CROSSTRAIN 5:30 pm Heather		TEAM TRAINING INTRO 5:30 pm Shawn -Express-		
	TEAM CROSSTRAIN 6:00 pm Shawn	TEAM CROSSTRAIN 6:30 pm Daniel - Advanced & Express -	TEAM CROSSTRAIN 6:00 pm Kendall	TEAM CROSSTRAIN 6:00 pm Daniel		

TEAM CROSSTRAIN

Take your workout beyond the limitations of conventional training while improving core strength, balance and overall fitness using functional exercises, kettle bells, ropes, medicine balls, resistance training and plyometrics with bouts of cardio intervals to train your total body, but at a pace you can handle. You'll work together with team members to push yourself further than you've ever been, while improving weight loss and body tone.

TEAM TRAINING INTRO

This class introduces you to the concept of functional training and offers a sampling of exercises from each of the classes: Team F.I.T. and Team Crosstrain. This class will aid you in determining which mix of available classes will best aid you in attaining your desired level of fitness.