

## SMALL GROUP TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:30am <b>Just Get It Done</b> (BC) <i>Jenn</i>			6:00-7:00am <b>Tough Muddah</b> (BC) <i>Abby</i>		
	7:00-7:45am <b>Breakfast Club</b> (PTM) <i>Matt</i>		7:00-7:45am <b>Breakfast Club</b> (PTM) <i>Matt</i>		7:30-8:30am <b>I-Ruck</b> (O) <i>Patrick</i>	
	8:30-9:30am <b>Senior Strength Circuits</b> (F) <i>Judy</i>		8:30-9:30am <b>Senior Strength Circuits</b> (F) <i>Judy</i>	9:15-9:45am <b>Intermediate TRX</b> (BC) <i>Judy</i>		9:00-10:00am <b>Fundamentals of Functional Fitness</b> (BC) <i>Mike</i>
9:30-10:30am <b>Core Camp</b> (BC) <i>Jenn</i>	9:30-10:15am <b>Body Fat Burn</b> (BC) <i>Nancy</i>		9:00-10:00am <b>Sports Flexibility</b> (BC) <i>Andrew</i>	9:30-10:30am <b>Empow(her)ment</b> (F) <i>Nick</i>		9:30-10:00am <b>Advanced Foam Rolling</b> (PTM) <i>Elizabeth R.</i>
	10:00-11:00am <b>Intermediate TRX</b> (C) <i>Judy</i>	11:00am-12:00pm <b>Weights for Weight Loss</b> (F) <i>Judy</i>	10:30-11:30am <b>I-Burn</b> (T/BC) <i>Patrick</i>	11:00am-12:00pm <b>Circuit Breaker</b> (BC) <i>Sue</i>		
11:00am-12:00pm <b>Tough Muddah</b> (BC) <i>Kathleen</i>	10:30-11:30am <b>Ultimate Aqua Fitness</b> (AP) <i>Carol</i>	11:30am-12:30pm <b>All Things Movement</b> (BC) <i>Scott</i>	10:30-11:30am <b>Ultimate Aqua Fitness</b> (AP) <i>Carol</i>			
1:00-1:45pm <b>Cross Training for Tennis</b> (BC) <i>Kathleen</i>	12:30-1:15pm <b>Mind &amp; Body H2O</b> (WW) <i>Jennifer</i>	12:00-1:00pm <b>TRX Strength</b> (B) <i>Sue</i>	11:30am-12:00pm <b>Yoga Ready</b> (PTM) <i>Siobhan</i>	1:00-1:30pm <b>Intermediate TRX</b> (B) <i>Judy</i>		
1:00-1:30pm <b>HealthQuest Plus</b> (F) <i>Joe</i>	1:30-2:30pm <b>TRX for Women</b> (B) <i>Judy</i>	1:00-1:30pm <b>HealthQuest Plus</b> (F) <i>Joe</i>	1:15-2:15pm <b>Balance &amp; Strength</b> (B) <i>Judy</i>	2:00-2:30pm <b>TRX for Seniors</b> (B) <i>Judy</i>	2:00-3:00pm <b>Power Women</b> (F) <i>Stefanie</i>	
1:30-2:00pm <b>I-Fight</b> (A) <i>Patrick</i>		1:30-2:00pm <b>I-Fight</b> (A) <i>Patrick</i>				
5:45-6:30pm <b>Strong Swimmers</b> (BC) <i>Elizabeth R.</i>	6:00-7:00pm <b>I-Burn</b> (T/BC) <i>Patrick</i>		5:45-6:30pm <b>Aqua Running</b> (AP) <i>Carol</i>			
6:00-6:30pm <b>Strength Circuits</b> (PTM) <i>Matt</i>	6:30-7:30pm <b>Green Objective</b> (F) <i>Stefanie</i>	6:00-6:30pm <b>Strength Circuits</b> (PTM) <i>Matt</i>	6:30-7:30pm <b>Green Objective</b> (F) <i>Stefanie</i>			
6:30-7:15pm <b>Functional Training</b> (PTM) <i>Joe</i>	6:45-7:15pm <b>Cuerpo De Acero</b> (PTM) <i>Marcela</i>					

**FULL**

### Location Key

- (A) Studio A
- (B) Studio B
- (F) Fitness Floor
- (O) Offsite
- (T) Turf Field
- (C) Cycle Studio
- (BC) Basketball Court
- (TM) Tennis Mezzanine
- (AP) Activity Pool
- (PTM) PT Mezzanine
- (WW) Warm Water Pool

### Small Group Training Session Pricing:

	30-Min.*	45-Min.*	60-Min.*
4-Pack	\$84	\$100	\$124
8-Pack	\$152	\$184	\$224
12-Pack	\$204	\$252	\$300

\*Autorenew pricing. See Trainer for single-session pricing.

### Found a group that interests you? Contact the trainer to enroll.

Andrew	andrewsta@acac.com	Judy	judyd@acac.com	Nick	nicholasl@acac.com
Elizabeth R.	elizabethrea@acac.com	Kathleen	kathleenja@acac.com	Patrick	patrickmc@acac.com
Carol	carolp@acac.com	Marcela	marcelac@acac.com	Scott	scottw@acac.com
Jenn	jenniferri@acac.com	Matt	matthewbe@acac.com	Siobhan	maryal@acac.com
Jennifer	jenniferper@acac.com	Mike	michaelwhi@acac.com	Stefanie	stefaniec@acac.com
Joe	josephp@acac.com	Nancy	nancyf@acac.com	Sue	sueh@acac.com

## Small Group Class Descriptions

Advanced Foam Rolling	Explore various tools and techniques to improve mobility and aid recovery.
All Things Movement	Find your inner strength and leave wanting more. Must be able to get up and down from the floor. Home-work assigned to help you reach your full movement potential.
Aqua Running	Effective use of shallow and deep water to enhance aerobic capacity. Equipment provided.
Balance & Strength	Be vibrant, balanced and strong. This supportive small group is for the 50+ crowd. Improve stability, agility, flexibility, strength and posture. Must be ambulatory.
Body Fat Burn	Designed for women 50+ who want to reduce their waistlines while tightening the underlying core muscles.
Breakfast Club	Geared for high school athlete to focus on injury prevention and conditioning important to your sport.
Circuit Breaker	Strength and conditioning class for athletic/advanced women that will challenge you in every way!
Core Camp	Focus on exercises that will strengthen your core using the TRX, Bosu ball, resistance bands and small weights.
Cross Training for Tennis	Stay on top of your game through speed, agility, strength and dynamic flexibility & movement pattern based workouts.
Cuerpo De Acero	Entrenamiento 100% en español y enfocado en trabajar abdomen, gluteos, brazos y piernas que te haran sentir mas fuerte y feliz contigo misma!
Empow(her)ment	Strength training for women seeking the next step in how they look, feel and perform.
Functional Training	Enhance your fitness thru a variety of functional exercises including mobility, strength, and muscular endurance.
Fundamentals of Functional Fitness	Fitness for real life. Strength and endurance with a focus on proper movement to make it easier to do what you love to do.
Green Objective	Improve strength, endurance, flexibility, mobility, and recovery. Beginners to advanced welcome.
HealthQuest Plus	The stepping-stone to completing your machine exercise workout by adding stability and core-work.
I-Burn	High Intensity Interval Training combining weight lifting, running and plyometrics to increase aerobic capacity, strength, muscular endurance and power.
I-Fight	Boxing centered program for clients fighting Parkinson's. Please e-mail Patrick prior to attending class.
I-Ruck	Walking with a weighted backpack for cardio and strength. Take your workout outdoors!
Just Get It Done	High intensity, interval style workout utilizing weights, plyometrics and cardio activities to get your heart rate up and maximize calorie burn.
Mind & Body H2O	A Blend of Ai Chi and Water Yoga. Focus on balance, body awareness, strength and flexibility.
Power Women	Build that beautiful, strong figure. Step-by-step instruction on safely lifting heavy weights.
Sports Flexibility	Designed to improve your flexibility to be better prepared for your next performance, game, or daily life.
Strength Circuits	An effective strength workout that keeps you moving the whole time. A senior options is available for 55+.
Strong Swimmers	A strength training program that is the perfect complement to your swimming.
Tough Muddah	Women ages 30-50, increase cardio and strength in this kick butt workout because you're one tough mother.
TRX	The TRX Suspension Trainer is one of the most versatile tools in the industry. It provides an efficient workout using your own body weight that can target all muscle groups. <b>Multiple classes available: TRX for Seniors, TRX for Women, TRX Strength, and Intermediate TRX.</b>
Ultimate Aqua Fitness	Have fun in the water competing in team interval drills while increasing strength and aerobic capacity using a variety of equipment.
Weights for Weight Loss	A strength training program designed to burn fat and help you lose weight.
Yoga Ready	Focus on basic yoga poses, correct positioning and proper breathing to get you ready for your first yoga class or improve upon your current yoga practice.