



GROUP TRAINING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:00AM-
6:30AM

AFTERBURNER
JEN
BASKETBALL COURT

AFTERBURNER
SAM
BASKETBALL COURT

AFTERBURNER
JEN
BASKETBALL COURT

6:30AM-
7:00AM

TRX®
SAM
FITNESS STUDIO

TRX®
JEN
FITNESS STUDIO

BOXING
JEN
FITNESS STUDIO

AFTERBURNER
ERICA
BASKETBALL COURT
(8:30-9A)

12:00PM-
12:30PM

AFTERBURNER
SAM
BASKETBALL COURT

AFTERBURNER
SAM
BASKETBALL COURT

5:30PM-
6:00PM

BOXING
JEN
FITNESS STUDIO

AFTERBURNER
JEN
BASKETBALL COURT

AFTERBURNER
ERICA
BASKETBALL COURT

AFTERBURNER
JEN
FITNESS STUDIO

By
Appointment

MOBILITY
JEN
TBD

MOBILITY
JEN
TBD

MOBILITY
JEN
TBD

MOBILITY
JEN
TBD

MOBILITY
JEN
TBD

SEE BACK FOR PRICING AND DESCRIPTIONS

DESCRIPTIONS

AFTERBURNER - Using heart rate tracking, this class will help to strengthen muscles, increase stamina, and keep your body burning energy even after you leave!

BOXING - This class will teach the basic punches, kicks, and blocks by rotating through a series of combinations. Gloves are provided! (max of 8 participants per class)

TRX® - Suspension training is a great way to strengthen your core, increase muscular endurance, and work on your flexibility and balance with just a set of suspension straps! (max of 4 participants per class)

MOBILITY - Mobility refers to the ability of a joint to move freely through its range of motion. In these sessions, we will use implements crucial to the functionality of your joints and muscles. This class is meant to teach you about your body, and how it should function in activities of daily life.

PRICING

Afterburner/Boxing	TRX	UNLIMITED	MOBILITY 1-on-1	Group Mobility
\$5	\$8	\$30/month	\$25	\$6/person
DROP IN		(autopay)	*30 MINUTE SESSIONS*	MAXIMUM OF 6

Please contact Jennifer Hamilton for more information on mobility training or to schedule an appointment, at jennifer.hamilton@premieratclub.com