



2018 WINTER CLASS SCHEDULE

ADULT CLASSES (All Classes Must have 3 Participants – Max 12)

DAY

MONDAY
TUESDAY
WEDNESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SATURDAY

BACKYARD

TOTAL BODY STRENGTH
LEGS & SPARTAN PREP
CORE & CARDIO
UPPER BODY
UBODY & SPARTAN PREP
YARDWORK – ALT STRENGTH
TOTAL BODY STRENGTH
YOGA

SHOP

LOWER BODY STRENGTH (5am)
ABS BLAST! (5 & 6am)
UPPER BODY STRENGTH (5, 6am, 7pm)
YOGA (7:30-8:30pm)
DYNAMIC LEGS & CORE (5 & 6am)
PT
PT

TIMES

5, 6, 9:30am & 7pm
5, 6, 9:30am
5, 6, 9:30am
3 & 7pm
5, 6, 9:30am
5, 6, 9:30am
6, 7am
8am

HS/COLLEGE: SPORTS PERFORMANCE CLASSES

MONDAY
MONDAY
TUESDAY
TUESDAY
WEDNESDAY
WEDNESDAY
THURSDAY
THURSDAY
THURSDAY
FRIDAY
SATURDAY
SATURDAY

TOTAL BODY
LEGS
TOTAL BODY
SPEED & AGILITY
UPPER BODY
CHEST
POWER
UPPER BODY
SPEED & AGILITY
XTRA UPPER – GUNS & FUN!
BASEBALL SPECIFIC MOVEMENT & MOBILITY WORK
TOTAL BODY

3, 7pm
4 & 6pm
3, 6 & 7pm
4pm
3 & 7pm
4pm
3pm
3 & 6pm (7pm if needed)
4pm
4pm
9am
10am

JR. HIGH CLASSES

MONDAY
TUESDAY
WEDNESDAY
WEDNESDAY
THURSDAY
SATURDAY

JR HIGH: TOTAL BODY FITNESS TRAINING
JR HIGH: SPEED & AGILITY CLASS
BASEBALL SPECIFIC STRENGTH & SPEED (7th & 8th GRADERS)
JR HIGH: FITNESS STATIONS & CONDITIONING
JR HIGH: SPEED & AGILITY CLASS
JR HIGH: TOTAL BODY FITNESS & STRENGTH TRAINING

5pm
5pm
5pm
6pm
5pm
11am

SPIN CLASSES

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
SATURDAY

SPIN WITH MICHELLE
SPIN WITH CHRISSY
SPIN WITH FELICIA
SPIN WITH MICHELLE
SPIN WITH GE STAFF

8:45-9:30am
6-6:45am
6-6:45am
8:45-9:30am
7-7:45am

PLEASE CALL ABOUT OUR TEAM TRAINING HOURS, SPORT SPECIFIC TRAINING & SPORTS PERFORMANCE HOURS: 201-760-9900