

**MAY 2021  
OPTIONS**

# SMALL GROUP TRAINING OPTIONS

Our Small Group training sessions offer you a more intimate setting than a typical group fitness class with more individualized attention from the trainer and an atmosphere of camaraderie and encouragement between participants.

## **RISE & GRIND**

with **KIM KELLAGHER**

**TUESDAYS**

**5:45-6:45 AM**

**SPORTS FACTORY**

**FRIDAYS**

**5:30-6:30 AM**

**SPORTS FACTORY**

## **CYCLE & STRENGTH**

with **WENDY O'BRYANT**

**MONDAYS**

**4:30-5:30 PM**

**STUDIO 1**

*\*There will be no Cycle & Strength held on Monday, May 31*

## **MOGA**

with **HILARY PERSING**

**TUESDAYS**

**1:00-2:00 PM**

**STUDIO 1**

## **AQUA CROSS TRAIN**

with **HILARY PERSING**

**WEDNESDAYS**

**7:00-8:00 AM**

**LAP POOL**

- **PLEASE SEE FRONT DESK FOR PRICING ON SPECIFIC SMALL GROUPS**
- **MONTHLY REGISTRATION & DROP-IN OPTIONS AVAILABLE**
- **REGISTER AT THE FRONT DESK OR ONLINE TODAY!**



# **SMALL GROUP TRAINING PROGRAM DESCRIPTIONS**

## **RISE & GRIND**

Train like an athlete in our Sports Factory! Experience constantly changing workouts incorporating kettlebells, med balls and plyo boxes to improve your strength, core and cardio conditioning! Reap the benefits and enjoy the camaraderie of small group training in our top notch sports performance facility!

## **CYCLE & SCULPT**

Get ready to sweat and have a great power hour workout built for anyone. Switch it up on Mondays with a combination of cycle and circuit-style strength exercises.

## **MOGA**

A combination of mobility and yoga, with elements of tai chi and pilates, this workout will enhance the well-being of both your mind and body. The focus is on mobility, strength and flexibility, with a sprinkle of balance thrown in as well!

## **AQUA CROSS TRAIN**

Not your usual swim workout, aqua xt is geared toward triathletes and anyone else looking to improve their overall physical performance. This class will utilize bands, balls and belts in an effort to challenge the participants to take their fitness up a gear without the impact and wear and tear on their joints.