



Group Personal Training Schedule



Brick Bodies Perry Hall Effective April 2010

Hour	Studio	M	T	W	Th	F	Sa	Su
5:00 AM	1	Empower Eva	Roll Call Eva	Empower Eva	Roll Call Eva			
8:45 AM	Honeygo Park						Run Club Taryne	
9:30 AM	3				Roll Call Rob		Boxing Chip	
10:30 AM	3	Roll Call Rob		Boxing Chip		Boxing Rob		
5:45 PM	Honeygo Park				Run Club Taryne			
6:30 PM	3	Boxing Chip						
7:00 PM	3		REACT Taryne		Boxing Brian			

Class Descriptions

(All classes run in 6 week sessions and vary in price ranging from \$10-\$15)



is a 6 week group Personal Training Program that uses the ever so popular BOSU balance trainer! This program incorporates **Resistance, Endurance, Agility, and Core Training** to sculpt your body from the inside out. You will leave this progressive 6 week program feeling stronger, healthier and more aware of how your body **reacts!**



is a 6 week group Personal Training Program that blends traditional military protocol and exercise with functional movements. **Team Building, Small Group Tasks and Missions** will be a part of this 6 week camp. You will leave this program with a higher level of exercise discipline, a healthier body and most importantly a feeling of being part of a team!



is a 6 week group Personal Training Program that has been developed specifically for women. The class meets twice a week and is limited to 10 people per class. Each hour long session will focus on **Resistance, Cardiovascular, Core and Team Training** as well as scheduled Q&A topics. This program not only provides external results, but internal as well, leaving you feeling **empowered!**



Train like the Pros...get those gloves out and get your wraps ready for this intense interval circuit boxing experience. Learn proper usage of the heavy bags and speed bag while sweating like crazy! This 60 minute cardio and strength training class will have you burning calories and improving your stamina while having fun.



This 60 minute group class will include, walking, jogging or running, dynamic workouts and training techniques. Core, strength, and flexibility training as well as group seminars and information for local events.