

Group Personal Training Schedule

Lynne Brick's Owings Mills Effective September 13, 2010

| Hour | Studio | M | T | W | Th | F | Sa | Su |
|---------|---------------|--------------------------|---------------------------------|-------------------------------|-------------------------------|---|----|----|
| 5:45 AM | New Town High | Roll Call Tonya | | | | | | |
| 6:00 AM | 2 | | Strength, Core & More CeCe | | Fitness Boxing Cece | | | |
| 8:30 AM | Floor/2 | Tread and Tone Marion | | | | | | |
| 9:30 AM | 2 | Pilates Marion | | Strength, Core & More Toni | | | | |
| 6:30 PM | 2 | | | Fitness Boxing Tanelle | | | | |
| 7:00 PM | 2 | Tread and Tone Marion | Strength, Core & More Marion | | Strength, Core & More Toni | | | |
| 7:30 PM | 2 | | | React Allison | | | | |

Class Descriptions

FITNESS BOXING is a 6-week Group Personal Training Class which utilizes boxing technique as well as strength and conditioning drills to condition your whole body and provide a complete cardiovascular workout. No experience is necessary.

PILATES is a dynamic and systematic approach to conditioning your body from the inside out. You will enhance the mind/body connection, develop core strength and total body flexibility, as well as remedy any postural problems you may have. You will learn to perform each exercise precisely while transforming the way your body, feels, looks and performs. Pilates apparatus may be used to enhance the workout experience.

STRENGTH, CORE AND MORE is a 6-week Personal Training program offering you a fun, fast paced workout involving cardio intervals and weight training with a special emphasis on the core. Done circuit style you'll be challenged to work your body in ways you would never imagine... You'll tone your entire body and have fun doing it!

TREAD & TONE TREAD and TONE is a 6 week conditioning program for anyone looking to improve their running skills. The workouts focus on endurance and speed/hill drills to burn calories, as well as strength/core training to tone the body. You will leave this progressive 6 week program feeling stronger and healthier, and running faster and longer. New runners as well as experienced runners are welcome! *THIS CLASS MAY MEET AT VARIOUS LOCATIONS. (i.e. gym, outdoor track, etc).

ROLLCALL is a 6-week small group Personal Training Program that blends traditional military protocol and exercise with new functional movements. 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! **CLASSES meets at New Town High School.**

REACT is a cutting edge 6-week small group Personal Training Program using 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

