



# ZONE TEAM TRAINING

Small Group Personal Training

## HIIT, Boot Camp, and Functional Training Make Up the ZONE...

Take your workout to another level by maintaining your Target Heart Rate, get into your Fat Burning Zone and Train hard for short bursts of time, interspersed with rest intervals of light cardio. People love HIIT because it keeps your heart rate up and burns more fat in less time making it a very efficient workout.

Your trainer will guide you through a safe, effective total-body workout. Learn how to effectively use kettlebells, battle ropes, TRX suspension trainers, your own body weight and so much more!

Each session is approximately 30 minutes.

Want to learn more? We have several Packages available that make it convenient for you to take as many classes as your schedule allows at a reasonable cost!

Please see a Membership Consultant for full details to sign up!

## SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	9:00AM	5:30AM	9:00AM	TBD	8:30AM
8:45AM		8:45AM		TBD	
5:30PM	TBD	5:30PM	TBD		TBD

Effective 5/7/18 Session times are subject to change

### COMING SOON! TO BE ADDED TO OUR SCHEDULE

- ◆ TRX—SUSPENSION TRAINING
- ◆ YOGA