



# ZONE TEAM TRAINING

Small Group Personal Training

Each session is approximately 30-60 minutes.

We have several Packages available that make it convenient for you to take as many classes as your schedule allows! Please see a Membership Consultant for full details to sign up!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:20AM VINYASA YOGA 50	8:50-9:20AM SNYRGY360	9:30-10:15AM TRX CARDIO	8:50-9:20AM SNYRGY360		8:00-9:00AM VINYASA YOGA
	9:45-10:45AM VINYASA BASICS		9:45-10:45AM VINYASA YOGA		8:30-9:00AM SNYRGY360
5:30-6:00PM SNYRGY360	4:30-5:15PM TRX CARDIO	5:30-6:00PM SNYRGY360	4:30-5:15PM TRX & MORE		
	5:30-6:30PM VINYASA YOGA		5:30-6:30PM VINYASA YOGA		

Effective 10/15/18 Session times are subject to change **RED = CHANGES/NEW**

**Take your workout to another level!**

**SNYRGY360 SMALL GROUP TRAINING** is more than just “working out”; this revolutionary concept provides limitless opportunities to train smarter, better and more effectively. The SNYRGY360 full-body nerve center is tailored to serve a broad scope of exerciser goals and incorporates the latest fitness trends such as TRX, battle ropes, kettlebells and more.

**TRX SUSPENSION TRAINING** workouts build true functional strength and improve flexibility, balance and core stability all at once, as required on the playing fields of sport and life. The benefits of Suspension Training are relevant for everyone who seeks a method to safely and rapidly improve their fitness level.

**VINYASA YOGA** coordinates movement with breath to flow from one pose to the next. It is extremely beneficial as a lean muscle mass builder as it gives equal attention to all muscle groups. This creates a balanced strength workout.

**TRY YOUR FIRST SESSION FREE**