

Fall 2019 schedule effective Sunday, September 1, 2019

The Studio
at Colonial

ZONE TEAM TRAINING

Small Group Personal Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:50-9:20AM SYNRGY360		8:50-9:20AM SYNRGY360	8:50-9:20AM TRX-N-MORE	NEW TIME <u>8:50-9:20AM</u>
	9:45-10:45AM VINYASA YOGA Heated—All levels		9:45-10:45AM VINYASA YOGA Heated—All levels		
5:30-6:00PM SYNRGY360		5:30-6:00PM SYNRGY360	5:30-6:30PM VINYASA Yoga All levels		

Each session is approximately 30-60 minutes. Please arrive at least 5 minutes early for instruction. We have several options available that make it convenient for you to take as many classes as your schedule allows! Please see a Membership Consultant for full details on how you can add this service to your membership, purchase a Punch Card or pay-as-you-go and use our Drop-In fee.

TRY YOUR FIRST SESSION FREE

SYNRGY360 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 This style of yoga is characterized by stringing postures together so that you move from one to another seamlessly, using breath. No two classes are the same. It is extremely beneficial as a lean muscle mass builder, as it gives equal attention to all muscle groups. Participants will also experience improved balance and flexibility. All levels welcome.

Please note: Session formats and times are subject to change without notice. We suggest subscribing to text alerts for faster notification of schedule changes. Text the keyword CHBSPORTS to 844-83.