

The Studio  
at Colonial



# GROUP TRAINING & YOGA

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
8:50-9:30AM STRENGTH ZONE	8:50-9:30AM SYNRGY360 <i>Interval Training</i>	8:50-9:30AM SYNRGY360 <i>Interval Training</i>	8:50-9:30AM STRENGTH ZONE	8:50-9:30AM SYNRGY360 <i>Interval Training</i>
	9:45-10:45AM VINYASA YOGA <i>Heated—All levels</i>	9:45-10:45AM VINYASA YOGA <i>Heated—All levels</i>		
		4:30-5:30PM VINYASA YOGA <i>Heated - All levels</i>		
	6:00-6:40PM SYNRGY360	6:00-6:40PM SYNRGY360		

**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. 10 participants maximum.

**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. 4 participants maximum.

**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. 15 participants maximum.

**STRENGTH ZONE** If you want to lose weight, gain muscle and/or just look and feel better, strength training will do just that. Dumbbells, barbells, body weight, band and variable resistance are some of the tools you will learn to use to burn fat and build muscle. 5 participants maximum.

*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.*

## MEMBERSHIP/PURCHASE OPTIONS

**Best Deal**

**Zone Membership:** \$119/month (3-month minimum/30-day notice to cancel/nonrefundable/nontransferable).

Use the club at any time! Includes unlimited club use, unlimited Yoga, SYNRGY360, TRX, Strength Zone and all group fitness classes, quarterly fitness assessments and 4Everfit program. **Zone Punch Card:** (expires 6 months from purchase, non-member pays \$50 enrollment fee)

20 session card \$220

10 session card \$110

10 session card \$90 Student/Military (must show ID at purchase)

Drop-in rate \$12 per session (\$10 student/military—must show ID at purchase)