

GROUP TRAINING SCHEDULE

	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
5:00 am		SMALL GROUP TRAINING	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
6:00 am	FUEL	SMALL GROUP TRAINING	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
		FUEL	FUEL	FUEL		
7:00 am						FUEL
8:00 am		FUEL		FUEL		
9:00 am	FUEL	FUEL	FUEL	FUEL	FUEL	
10:00 am		SMALL GROUP TRAINING	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
11:00 am	YOUNG AT HEART FOR ACTIVE OLDER ADULTS		YOUNG AT HEART FOR ACTIVE OLDER ADULTS			
2:00 pm		SMALL GROUP TRAINING	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
6:00 pm	FUEL	FUEL	FUEL	FUEL		
7:00 pm	SMALL GROUP TRAINING	SMALL GROUP TRAINING		SMALL GROUP TRAINING		



558 MAIN STREET
760-789-3500
Gym Hours

Mon – Fri 5am – 10pm
Sat- 7am – 7pm
Sun- 7am – 4pm

Child Care Hours
Mon – Fri
8am – 12pm
5 – 8pm

Sat
8am – 12pm

Small Group Personal Training

Small group training is perfect for clientele that have specific goals, and those who do not prefer to train in larger groups. These groups are often specialized; learning a specific skill such as bodyweight or kettlebell training. The emphasis is on building a coaching program for the individual while working on corrective strategies to help clients improve any movement restrictions. Small group personal training is suitable for all levels of fitness as the group practices the skill being taught at their own ability. There will be times the group works on the same skill and same circuit workout. Other times, training clients will work on their own program under the supervision of their coach in the group setting. Members can join an existing small group training program or form a new class with a minimum of six participants. This is a great option for friends or co-workers who would find motivation working in a small group.

Full Body Strength

- Great for all levels of fitness. Ideal for those who are familiar with exercise and would like to take their fitness to a higher level. Focus is on full body strength and cardio vascular endurance. Participants in this class will use a variety of tools as well as their own body weight in a way that will help them achieve their own personal goals.

Fuel

Fuel keeps you motivated. It gives you clear and specific goals to strive for while ensuring that you are achieving balanced, full-body fitness. It also provides a sense of healthy competition and peer accountability.

Young at Heart

Senior Fitness for those 65+ years young. This group personal training is perfect for the active older adult. Work on strength, balance, coordination and build your confidence while having fun with like-minded individuals in a group format.