

Team Training and Fitness Class Schedule

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Team Trainings (Black)</i></p> <p><i>Fitness Classes (Red)</i></p> <p><i>* Change in Schd.</i></p>	<p style="text-align: center;"><u>Fusion's Hours</u></p> <p style="text-align: center;">M-Th 5:00am-10:00pm Fri. 5:00am-7:00pm Sat. 8:00am-2:00pm Sun. 1:00pm-5:00pm</p> <p style="text-align: center;">Call us at 419-445-4000 to sign up</p>			<p>1 Industrial St. 5:30a Zumba 9:30a Afterburn 10:30a Afterburn 5:30p</p>	<p>2 Boom Mind 6a Industrial St. 11:30a Industrial St. 4:30p</p>	<p>3 Afterburn 8:30a Pound 9:30a</p>
4	5 Afterburn 11:30a Foundations 5:30p	6 Afterburn 5:30a *Foundations 8:30a Boom Muscle 9:30a Afterburn 3:30p Pound 5:30p	7 Afterburn 7:30a Foundations 11:30a Devotion in Motion 6:45p - 7:45p	8 Industrial St. 5:30a Fit 30 9:30a Afterburn 10:30a Afterburn 5:30p	9 Boom Mind 6a Industrial St. 11:30a Industrial St. 4:30p	10 Afterburn 8:30a TRX 9:30a
11	12 Afterburn 11:30a Foundations 5:30p	13 Afterburn 5:30a *Foundations 8:30a Boom Muscle 9:30a Afterburn 3:30p TRX 5:30p	14 Afterburn 7:30a Foundations 11:30a NO Devo in Motion	15 Industrial St. 5:30a Fit 30 9:30a Afterburn 10:30a Afterburn 5:30p	16 Boom Mind 6a Industrial St. 11:30a Industrial St. 4:30p	17 Afterburn 8:30a Pound 9:30a
18	19 Afterburn 11:30a Foundations 5:30p	20 Afterburn 5:30a *Foundations 8:30a Boom Muscle 9:30a Afterburn 3:30p Pound 5:30p	21 Afterburn 7:30a Foundations 11:30a NO Devo in Motion Close at 6:00p	22 Closed Happy Thanksgiving	23 NO Boom Mind 6:00a *Open at 8am Industrial St. 11:30a *NO IN ST. 4:30p Close at 5:00p	24 Afterburn 8:30a TRX 9:30a
25	26 Afterburn 11:30a Foundations 5:30p	27 Afterburn 5:30a *Foundations 8:30a Boom Muscle 9:30a Afterburn 3:30p Pound 5:30p	28 Afterburn 7:30a Foundations 11:30a Devotion in Motion 6:45p - 7:45p	29 Industrial St. 5:30a Fit 30 9:30a Afterburn 10:30a Afterburn 5:30p	30 Boom Mind 6a Industrial St. 11:30a Industrial St. 4:30p	

Facility Wide Wall Sit Challenge Starts Monday 12th-18th

Last Day of Wall Sit Challenge



TEAM TRAINING (PERSONAL TRAINING)

FOUNDATIONS: You can't build a great home without a solid foundation. Fitness is similar to your home in that you first need to establish proper movement and a base level of conditioning before beginning to build more advanced layers of fitness. With a challenging, full-body program, Foundations will ensure that you avoid injury, make progress at your pace and build the path to success. Each training is approximately 45-55 minutes.

AFTERBURN: Are you ready for something different? Many people strength train with weights while others do cardio or aerobics – somewhere in-between is Afterburn, the ultimate fat loss workout. Some of the tools and techniques may seem new to you, but many have been around for over 100 years! Not only will you burn up to 1,000 calories an hour, you will continue to burn fat and calories up to 48 hours after your workout is complete. Hence the name... Afterburn! Each training is approximately 45-55 minutes.

INDUSTRIAL STRENGTH: Want to get stronger, slimmer, and more athletic? This is the solution. Working with heavier loads and fewer reps means more strength without bulk. This program combines old-school methods and modern science to achieve better strength and conditioning. Each training is approximately 45-55 minutes.

SMALL GROUP TRAINING: Looking for a little more attention? In the Small Group setting, we will place you in the proper level of training for your goals and concerns. During your training sessions, you will meet with one of our certified coaches in our Small Group format (2-4 people). In this personalized setting, you will be exposed to in-depth instruction while focusing on your specific goals. It's just as good as private personal training at a fraction of the cost with the added motivation of your workout partners. Each training is approximately 45-55 minutes.

Interested in Personal Training? Schedule a time to meet with our Director of Training to get a personalized Starting Point Session along with an assessment, functional movement screening, and an initial workout.

FITNESS CLASSES

BOOM MUSCLE: Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks" which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. Classes are 30 minutes each.

BOOM MIND: Strength. Confidence. Flexibility. Mind takes the best from Yoga and Pilates and combines them into one class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance. Classes are 30 minutes each.

FIT 30: Tone and trim! This 30-minute class is designed to increase your muscular strength and cardio endurance. It includes a group workout as well as an individual workout using machines and a variety of equipment. Ideal for Boom level.

ZUMBA®: This session is full of energy, dancing, and fun, and targets every muscle in your body. You do not need any dance experience to be successful in Zumba. It is truly for anyone and everyone.

TRX TOTAL BODY: This Suspension Training bodyweight exercise develops strength, balance, flexibility, and core simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. Kettlebells and Resistant Bands will also be incorporated in each workout. Classes are 30 minutes and a maximum of 18 people.

POUND: An exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels. Classes are 45 minutes each.

DEVOTION IN MOTION: Get Refocused, Relieve Stress & Leave Renewed. A Fusion Yoga class that will open with a devotional and end with a reflection on scripture. Enjoy instrumental and Christian music while you work on strengthening your core, and improve your balance and flexibility. This class is great for all fitness levels.

GO PASS PRICING Members: 1 Pass = \$4+Tax, 20 Passes = \$60+Tax (\$3/pass), 30 Passes = \$75+Tax (\$2.50/pass)
Non-Members: 1 Pass = \$5+Tax, 20 Passes = \$80+Tax (\$4/pass), 30 Passes = \$90+Tax (\$3/pass)

*Fitness Classes take one GO PASS per class. Fitness Classes are unlimited with some Personal Training Memberships.
Reminder, each base membership includes 1 fitness class per week of member's choice.*