



# Five Rings



Effective: Tuesday, Sept. 8, 2015

## Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fit 5:30 - 6:30		Group Fit 5:30 - 6:30		Group Fit 5:30 - 6:30		Semi-Privates 7:00 - 10:00
				Open 4:00 - 7:00	Semi-Private + On-Ramp 7:30 - 9:00	
	Semi-Privates 9:00 - 11:00		Semi-Privates 9:00 - 11:00		Group Fit 9:00 - 10:00	
Semi-Privates 4:30 - 6:00	Semi-Privates 4:00 - 6:00	Semi-Privates + On-Ramp 4:30 - 6:00	Semi-Privates 4:00 - 6:00			
Group Fit 6:00 - 7:00	Group Fit 6:00 - 7:00	Group Fit 6:00 - 7:00	Group Fit 6:00 - 7:00			
Group Interval 7:00 - 7:30	Group Interval 7:00 - 7:30	Group Interval 7:30 - 8:00	Group Interval 7:00 - 7:30			
			Group Power D 7:30 - 8:00			

**Group Fit**  
Group fitness and conditioning class that focuses on body weight training and building a good fitness base. All are welcome!

**Group Interval**  
For the athletes looking to increase anaerobic capacity and recovery time. A total body challenge.

**Group Power D**  
An introduction to explosive capacity and the power development progression. Must attend a minimum of eight Group Fit classes and get a coach's approval or complete the On-Ramp Educational Series prior to attending class.

**Semi-Private**  
Semi-private strength and conditioning training with a Fitness Coach and / or for the serious competitive athlete looking to increase explosive capacity, anaerobic output, gain a competitive edge over the competition, and continue the power development progression. By appointment only.