

**CUSTOMIZED GROUP TRAINING SCHEDULE SPRING 2018**

<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
CUT 5:30am-6:30am	CUT 5:30am-6:30am	CUT 5:30am-6:30am	CUT 5:30am-6:30am	CUT 5:30am-6:30am	Cardio 8:00am-9:00am
HardCore Fit 7:30am-8:30am	CUT 8:30am-9:30am	HardCore Fit 7:30am-8:30am	CUT 8:30am-9:30am	HardCore Fit 7:30am-8:30am	
CUT 8:30am-9:30am	Rewind 9:00am-10:00am	CUT 8:30am-9:30am	Rewind 9:00am-10:00am	CUT 8:30am-9:30am	
Youth Athletic Development 4:00pm-5:00pm	Youth Athletic Development 4:00pm-5:00pm	Youth Athletic Development 4:00pm-5:00pm	Youth Athletic Development 4:00pm-5:00pm	Youth Athletic Development 4:00pm-5:00pm	
CUT 5:30pm-6:30pm	CUT 5:30pm-6:30pm	CUT 5:30pm-6:30pm	CUT 5:30pm-6:30pm	CUT 5:30pm-6:30pm	
	HardCore Fit 6:00pm-7:00pm		HardCore Fit 6:00pm-7:00pm		

## **CUSTOMIZED GROUP TRAINING CLASS DESCRIPTIONS**

**CUT (CoreBlend Utility Training)** Our Core Blend Signature class. CUT, formerly Bootcamp, is an hour-long full body Customized Group Training program for Fitness. Build lean muscle, burn fat, and get into the best shape of your life. Our custom, functional training format is scalable for beginners to advanced fitness levels to ensure your training is useful for your lifestyle. Offered every day at a variety of times to fit your schedule. Choose between 2-5 sessions every week.

**REWIND** An hour-long class dedicated to the health and fitness of older adults. Offered twice a week.

**CARDIO** An hour-long class dedicated to cardio. \$5 drop-in on Saturday mornings.

**HARDCORE FIT** With their CF Level 1 and 2 and their experience taking themselves and athletes to the Games, Lance and Adriana designed a phenomenal workout to get you into your best shape ever. Each class will encompass gymnastics, bodyweight movements, strength training, mobility, cardiovascular fitness and most importantly fun. Even while working out in a group you will feel like you are getting an individual training session.

**YOUTH ATHLETIC DEVELOPMENT** An hour long class offered every afternoon. The class focuses on age appropriate weight training movements (and often bodyweight is all that's needed), balance, coordination, and SPEED.

