

Group Personal Training Programs

May-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Conditioning Studio						
Aerobics Studio						
Conditioning Studio	7:15-8:00AM Total Body Bootcamp Frank		7:15-8:00AM Total Body Bootcamp Frank		7:15-8:00AM Total Body Bootcamp Frank	
Conditioning Studio						
Studio 1						8:00-8:45AM Absolute Strength Cameron
Conditioning Studio	8:45-9:30AM Total Body Bootcamp Frank		8:45-9:30AM Total Body Bootcamp Frank		8:45-9:30AM Total Body Bootcamp Frank	
Conditioning Studio	9:30-9:55AM TRX Ab Blaster Tamara		9:30-9:55AM TRX Ab Blaster Tamara			9:30-10:15AM TRX/Kinesis Bootcamp Melanie
Conditioning Studio	10-10:45AM Senior Kinesis** Tamara		10-11:00AM Senior Kinesis** Tamara		10-10:45AM TRX Total Body Circuit Christin	
Studio 1	10:30-11:15AM Women's Bootcamp Christin		10:30-11:15AM Women's Bootcamp Christin			1-1:45PM Strength 3 Cameron
Conditioning Studio	10:45-11:30AM Senior Kinesis** Tamara					
Conditioning Studio	11:30-11:55AM TRX/Kinesis Full Body Burn Mary		11-11:30AM TRX/Kinesis Full Body Burn Mary			
Conditioning Studio						
Studio 3						
Conditioning Studio	4:15- 5:00PM Teens for Fitness Melanie		4:15- 5:00PM Teens for Fitness Melanie		4:15- 5:00PM Teens for Fitness Melanie	
Studio 1	3-4PM Tornado Speed & Agility Training (Ages 18 & up) Cameron	5:00-5:45PM Absolute Strength Cameron	3:45-4:45PM Tornado Speed & Agility Training (Ages 14-17) Cameron	5:00-5:45PM Absolute Strength Cameron	4:15- 5:00PM Pre-Teen Strength and Conditioning Cameron	
Studio 1		6-6:45PM Strength 3 Cameron		6-6:45PM Strength 3 Cameron		
Conditioning Studio		6:30-7:15PM TRX/Kinesis Bootcamp Christin		6:30-7:15PM TRX/Kinesis Bootcamp Christin		

Group Class Drop-In Fees	
Senior Kinesis/Powerplate	\$9.50
Senior Kinesis	\$9.50
Pilates Circuit	\$30
Teens for Fitness	\$19
Pre-Teen Strength and Cond.	\$15
Strength 3	\$15
Tornado Speed & Agility	\$18
25-minute class	\$14
45-minute class	\$19

**BUY A TRX PACKAGE AND SAVE!
10 Maximum Participants Per Class**

20 pack of 30 minutes is only \$252
(\$12.60 per session) drop-in cost is \$14

20 pack of 45 minutes is only \$342
(\$17.10 per session)
drop-in cost is \$19.

Teen for Fitness : \$90
For three classes per week

Pilates Circuit: \$100/month
For one specific class per week

Strength 3: \$150/month
For three classes per week

Please call to schedule a complimentary TRX 101 orientation.

****Excludes: Bootcamp, Absolute Strength, Senior Kinesis**

For members and guests. Memberships available.

TRX 101

Learn the fundamentals of TRX so you can feel comfortable exercising in any of our TRX classes. Learn strap adjustments, body alignment and basic exercises. This class is a nice overview of what to expect.

TOTAL BODY BOOTCAMP

Your muscles will burn your, metabolism will ignite and your cardiovascular system will fire! This total body bootcamp is designed to challenge your fitness and be exciting at the same time. There is no other workout like it! weights, ropes, TRX, med balls, exerballs and Kettle bells. Never a dull moment!

LUNCH BOX BOOTCAMP

Siri will pull cutting edge exercises out of her fitness tool box. Be prepared to be pushed to your limits with challenging circuits of cardio and strength. Siri will deliver a sweat induced ultimate calorie burning workout every time.

TEENS FITNESS (12-15 year olds)

This is a fun but challenging way to get your children to MOVE. An experienced trainer will guide your teens through a variety of exercise modes. They will gain strength, increase their cardiovascular endurance, develop balance and increase flexibility. This workout gives your child the benefit of a trainer without the high cost.

TRX KINESIS/FULL BODY BURN

This class is designed to strengthen, tighten and define every muscle group in the least amount of time. Our trainers will diversify your workout and motivate you to excel in strength and overall fitness. It's the best burn for your buck.

SENIOR KINESIS

Slow down the aging process with this whole body workout. This class focuses specifically on core strength, hips, and balance. Exercises are designed to stimulate muscle tissue and help to maintain and build bone mass.

ABSOLUTE STRENGTH

If you like Crossfit you will love absolute strength. This cutting edge programming will diversify your workouts. Each session will enhance strength, endurance, stability, coordination, and mental focus. Jeff will fuse non-conventional training with emphasis on traditional strength methodologies.

WOMEN'S BOOTCAMP

This class is for all the women who want to literally work your buns off. This class will incorporate high intensity cardio and muscle burning strength segments to trim the fat! Every minute will test you mentally and physically.

TRIX

Whether you swim, bike, run or do all three - this TRX class is designed with you in mind. These sports all require muscular endurance, balance, and core strength throughout integrated multiplanar movement. TRIX will train you to maximize acceleration, deceleration, and stabilization - all key components to improving athletic performance. All members are welcome regardless of experience. Come tri it out!

TRX TOTAL BODY CIRCUIT

Exactly that! Your heart and muscles will be pumping with this high energy workout. The trainer will use TRX and other equipment to get your body toned and strong.

TRX AB BLASTER

You have never had an ab workout like this. TRX will tighten, and tone incorporating flexion, rotation, isometrics and other dynamic movements. Feel the burn!

TRX/KINESIS BOOTCAMP

You will not find this class ANYWHERE! You get the benefits of the TRX suspension system and our Kinesis wall that offers over 500 different exercises. This is an high intensity, total body workout. No muscle will be left unflexed!

STRENGTH 3

Get 3 times the results in half the time. The Strength 3 class combines squats, bench press, power clean, deadlift, and power snatch exercises to help gain raw strength, build muscle, and shed body fat. Ages 15 and older.

PRE-TEEN STRENGTH AND CONDITIONING (Ages 10-12)

An experienced trainer will teach your pre-teen to safely strength train in multiple exercise modalities. Your child will develop muscle strength, endurance and cardiovascular fitness under close supervision and instruction. Same benefits of a trainer, in a small group without the higher cost.

TORNADO SPEED AND AGILITY TRAINING Speed is a skill that any athlete can obtain, with it you can: shaving seconds off your fastest times, beat your opponent to the ball, explode off the line and get that extra step.

GROUP PERSONAL TRAINING PROGRAM CANCELLATION POLICY

All monthly fitness class cancellations must be made within 5 calendar days following the program start date. Class participants will be responsible for the drop-in rate for the classes they attended during that time. Cancellations made after the 5 days will result in a full charge of the program fee, which will be billed to the membership account on the last day of the month. For cancellations, please notify the Fitness Desk at 688-3172 or email fitness@bellevueclub.com.

Group Personal Training Schedule



BELLEVUE CLUB