

TRX TOTAL BODY CIRCUIT

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

SPEED VERTICAL QUICKNESS

Bellevue Club trainer Jeff Taylor has a program for improving sport specific speed in young adults. This is not strength training or conditioning workout. The goal is immediate speed and quickness through a series of explosive body weight movements and running technique. All of the drills are appropriate for athletes, ages 10-17.

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 Programs						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Conditioning Studio		6-6:45AM TRX Shannon				
Aerobics Studio						
Conditioning Studio	7:30-7:55AM TRX/Kinesis Full Body Burn Frank		7:30-7:55AM TRX/Kinesis Full Body Burn Frank		7:30-7:55AM TRX/Kinesis Full Body Burn Frank	
Conditioning Studio						
Studio 1	9:00-10:00AM Bootcamp Jeff		9:00-10:00AM Bootcamp Jeff		9:00-10:00AM Bootcamp Jeff	8:00-8:45AM Absolute Strength Jeff
Aerobics Studio						
Conditioning Studio	9-9:25AM TRX/Kinesis Full Body Burn Frank		9-9:25AM TRX/Kinesis Full Body Burn Frank		9-9:25AM TRX/Kinesis Full Body Burn 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			
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 1	12-1PM Bootcamp Jeff		12-1PM Bootcamp Jeff		12-1PM Bootcamp Jeff	
Conditioning Studio						
Conditioning Studio	4:15- 5:00PM Teen/Kids for Fitness Melanie		4:15- 5:00PM Teen/Kids for Fitness Melanie		4:15- 5:00PM Teen/Kids for Fitness Melanie	
Studio 1		5:00-5:45PM Absolute Strength Jeff				
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/Kids for Fitness	\$19
Bootcamp	\$25
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/Kids for Fitness : \$90 For three classes per week	
Pilates Circuit: \$100/month For one specific class per week	
Please call to schedule a complimentary TRX 101 orientation.	
**Excludes: Bootcamp, Absolute Strength, Senior Kinesis	

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.

TEEN/KIDS FITNESS (8-15 year olds)

This is a fun but challenging way to get your children to MOVE. An experienced trainer will guide your kids 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!

Group Personal Training *Schedule*



BELLEVUE CLUB



BELLEVUE CLUB