

### **METABOLIC STRENGTH TRAINING**

A full body strength and conditioning class that elevates the metabolism, builds strength, develops lean muscle, increases conditioning, and heightens your general awesomeness.

### **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.

### **R.I.P. TRAINING (REPETITION. INTENSITY. POWER.)**

Get lean, cut and ripped with ADVANCED strength and conditioning training that will push your fitness to the limit.

### **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.

### **FUNCTIONAL STRENGTH & CORE CIRCUIT**

This class focuses primarily on the upper body and core utilizing Kinesis (functional cable system training), Power Plate (whole body vibration) and TRX (body weight suspension training). Tone and firm arms, chest, back and abdominals in just 25 minutes. The workout will be tailored to fit the abilities of all participants.

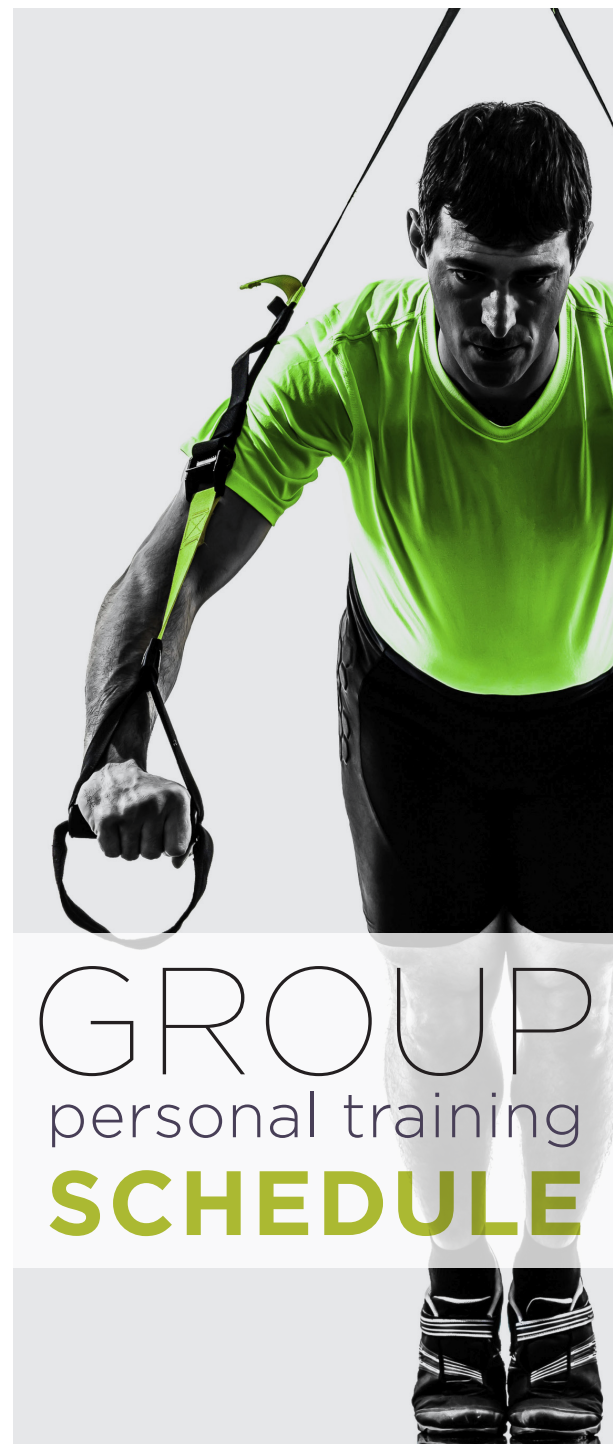
### **TRX/KINESIS BOOTCAMP**

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!

---

### **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](mailto:fitness@bellevueclub.com).



# GROUP personal training **SCHEDULE**

BELLEVUE CLUB

# Group Personal Training Programs

## Classes Effective October 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Conditioning Studio				6:00-7:00am R.I.P. Training Justin			
Aerobics Studio							
Conditioning Studio	7:15-8:00AM Metabolic Strength Training Cory		7:15-8:00AM Metabolic Strength Training Cory		7:15-8:00AM Metabolic Strength Training Cory		
Conditioning Studio	8:45-9:30am Metabolic Strength Training Cory		8:45-9:30am Metabolic Strength Training Cory		8:45-9:30am Metabolic Strength Training Cory		
Studio 2							
Conditioning Studio	9:30-9:55AM Functional Strength & Core Circuit Tamara		9:30-9:55AM Functional Strength & Core Circuit Tamara				
Conditioning Studio	10-10:45AM Senior Kinesis** Tamara		10-11:00AM Senior Kinesis** Tamara				
Conditioning Studio	10:45-11:30AM Senior Kinesis** Tamara						
Conditioning Studio	11:30-11:55AM TRX/Kinesis Full Body Burn Mary		11:30-11:55AM TRX/Kinesis Full Body Burn Mary				
Conditioning Studio							
Racquet Sports							
Studio 2							

Group Class Drop-In Fees	
Senior Kinesis/Powerplate	\$9.50
25-minute class	\$15
45-minute class	\$20
60-minute class	\$25

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

**20 pack of 30 minutes is only \$260**  
 (\$13 per session) drop-in cost is \$15

**20 pack of 45 minutes is only \$350**  
 (\$17.50 per session)  
 drop-in cost is \$20

E.A.S.T.: \$200 for 10 classes

Please call to schedule a complimentary TRX 101 orientation.

**\*\*Excludes:** Warrior Workouts, Senior Kinesis, R.I.P. Training