



Group Personal Training Schedule



Brick Bodies Padonia Effective January 5th, 2009

Hour	Studio	M	T	W	Th	F	Sa	Su
5:30am	Treadmills	CardioCORE Conditioning Gary						
9:30 AM	Treadmills	CardioCORE Conditioning Gary				CardioCORE Conditioning Gary		
9:30	2		Mat Pilates Sharon	REACT Leslie				
10:40	1	EMPOWER Sharon		EMPOWER Sharon				
12:15	Boxing studio	YOGA Sandy						
5:25	Boxing Studio		EMPOWER Sharon		EMPOWER Sharon			
7:00	Boxing Studio	EMPOWER Sharon						

Class Descriptions



REACT is a 6 week group Personal Training Program that uses the ever so popular BOSU balance trainer! This program incorporates **Resistance, Endurance, Agility, and Core Training** to sculpt your body from the inside out. You will leave this progressive 6 week program feeling stronger, healthier and more aware of how your body **reacts!**



empower is a 6 week group Personal Training Program that has been developed specifically for women. The class meets twice a week and is limited to 10 people per class. Each hour long session will focus on **Resistance, Cardiovascular, Core and Team Training** as well as scheduled Q&A topics. This program not only provides external results, but internal as well, leaving you feeling **empowered!**

CardioCORE is a 6 week treadmill training program that is personalized to your level and goals. You will burn calories, increase stamina and speed, and increase your core strength. This program will help you train for that 5k-Marathon that you have always wanted to run or walk.

Mat Pilates is a class for all levels that will challenge you by deepening your awareness of each movement as you progress from the basic level into more intermediate levels of sequential moves.

Yoga: Hour of Power is taught strengthening and cardio style, incorporating a strong stretching segment. The small group setting allows for personalized attention for optimal posture and form.