



# Group Personal Training Schedule

Brick Bodies Reisterstown Summer Schedule 2010



Hour	Studio	M	T	W	Th	F	Sa	Su
6:00 AM	1	BusStop Beauty's Heather	Combat Conditioning Doug	Teacher's Rule Rommie Main Floor	Combat Conditioning Doug			
7:00 AM	1		Combat Conditioning Doug		Combat Conditioning Doug			
8:00 AM	1		Combat Conditioning Doug		Combat Conditioning Doug		React BOSU Melissa B Studio 3	
8:00 AM	Boxing room						Combat Conditioning Circuit Doug	
9:30 AM	Boxing Room						Brick Boxing Dewey (9:30-11:30)	
10:30 AM	Boxing Room							Admiralfitt's Total Body Extreme Dewey (10:30-12:00)
12:00PM	1						Jump Rope & Abs Sesay	
4:30 PM	3		Jump Rope & Abs Sesay		Jump Rope & Abs Sesay			
4:30 PM	3	React BOSU Melissa B Studio 3						
5:30 PM	Boxing Room	Slip N-2 Summer Pam	Swimsuit Pursuit Brian	Slip N-2 Summer Pam	Swimsuit Pursuit Brian			
6:30 PM	Boxing Room	Brick Boxing Dewey (6:30-8:00)			Kids Club Work-out Adam (main Floor)			
6:45 PM	3	React BOSU Melissa B						
7:00 PM	Boxing			Circuit Circle Adam				
7:30 PM					Circuit Blast Becky			

### Class Descriptions

**Combat Conditioning:** This highly intense workout is designed to make you feel better, have increased energy, build a stronger core, and give you a total body workout. \*For levels intermediate and advanced only.

**Circuit Blast:** Combo Class with a strength training circuit, core workouts and blast of intense cardio workouts.

**Swimsuit Pursuit:** fast paced class that is designed for people of all levels of fitness to make sure you accomplish your goals and have more energy to get through your day.

**Slip N-2 Summer:** total body workout. To get rid of the after work blues. Designed to get you in shape for the summer.

**React:** is a cutting edge group program using the ever so popular BOSU balance trainer! This program incorporates resistance, endurance, agility and core training to sculpt your body from the inside out.

**Kids Club Work-Out:** Designed for fun! Kids will be doing different activities ranging from courses to competing.

**Jump rope and Abs:** This class will enable: fat burning through the recruitment of multiple muscle groups, conditioning your back, shoulders, chest and legs

**Brick Boxing:** conditioning class which includes hitting the bag, polymerics, body bar, and floor work

**Circle Circuit:** will include vigorous weight and cardio training in a circuit format

\*classes subject to change

ACOG Guidelines suggest that pregnant women obtain their physician's approval.

Prenatal woman may try any class under her doctor's supervision.

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