

ONE Human Performance

Group Fitness Programs



March 2012 Schedule

BEGINS MONDAY FEBRUARY 27th

(Please note the new time changes!)

The **BETTER Boot Camp**: Look, Feel and Perform BETTER with this one-of-a-kind Boot Camp experience that covers Flexibility, Core Stability, Strength Training and Cardiovascular Conditioning.

Tough Guy & Girl Boot Camp: Crank up the intensity on our BETTER Boot Camp for Tough Guys and Girls, led by our Director Eric D'Agati.

Spin: Burn calories and build endurance during our high-energy cycling classes.

Strongman Saturdays: Not for the faint of heart, challenge your true strength while flipping tires, swinging sledgehammers, dragging sleds and more!

"Rock the Bells" Kettlebell Training: This ages old training system that is now the newest craze incorporates full body movements that improve function, strength and tone.

"Strong Strides" Training for Runners: Whether you're a sprinter, marathoner or casual 5k runner, this class will have you running your best times and staying injury-free.

"Mobile & Agile" Movement Training: Improve your flexibility, joint mobility and overall function in this invigorating session of stretching, bending, reaching and twisting.

Totally Sculpted with Rosa: A full hour dedicated to defining muscles – with the use of body-weight resistance and light hand weights, no muscle will go unworked!

Cardio Kickbox with Rosa: This high-intensity, low-impact class will have your heart pumping through 60-minutes of non-stop action! Punch & kick through this entire body workout while you burn fat and calories and increase strength, stamina and flexibility.

Interval Training with Rosa: Training for strength, cardio capacity and FAT LOSS while having a blast!

COMING SOON: Youth Group Training Programs – High School and Junior Programs will be available starting in April!

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:00am		Tough Guy/Girl Boot Camp <i>Eric</i>	Spin <i>Nicole</i>	Tough Guy/Girl Boot Camp <i>Eric</i>		9:00am Spin <i>Nicole</i>
8:30am	Totally Sculpted <i>Rosa</i>	BETTER Boot Camp <i>Ashleigh</i>	Cardio Kickbox <i>Rosa</i>	BETTER Boot Camp <i>Jeff</i>	Interval Training <i>Rosa</i>	10:30am BETTER Boot Camp <i>Ashleigh</i>
9:30am		Spin <i>Judy</i>	Kettlebells <i>Ashleigh</i>		Spin <i>Julie</i>	
6:00pm (Gym)	BETTER Boot Camp <i>Jeff</i>	BETTER Boot Camp <i>Mike</i>	Kettlebells <i>Ashleigh</i>	BETTER Boot Camp <i>Jeff</i>		12:00pm Strongman Saturdays <i>Eugene</i>
6:00pm (Studio)	Spin <i>Julie</i>	Interval Training <i>Rosa</i>	Spin <i>Nancy</i>	Cardio Kickbox <i>Rosa</i>		