

SMALL GROUP TRAINING - January 2018 - Fee Based

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lift & Spin ♥ - SR / TRX 9:30 – 10:45 am Amy H \$69 – 4 times per month	FAN club ♥ - FA 9:30 – 10:30 am Cathy \$118 – 8 times per month	Reformer Group ♥ -PR 11 – 12 pm Amy H \$69 – 4 times per month	Reformer Group ♥ - PR 9:30 – 10:30 am Amy H \$69 – 4 times per month	FAN club ♥ - FA 10 – 11 am Cathy \$118 – 8 times per month	Gladiator ♥ - FA 9 – 10 am Cathy \$59 – 4 times per month
Core Class ♥ - FA 10 -11 am Cathy D. \$59 – 4 times per month	Martial Arts - Intro 4:20 – 5 pm MA \$69 monthly – BT / F / SD / TB	WOW ♥ - FA / TRX 11 – 12 noon call Cathy \$59 – 4 times per month	WOW ♥ - FA 9:30 – 10:30 am call Cathy \$59 – 4 times per month		
Martial Arts – Little Dragons 4:15 – 5 pm MA \$69 monthly – BT / F	Martial Arts - 8 & up 5 – 6:10 pm MA \$69 monthly – BT / F / SD / TB	Martial Arts – Little Dragons 4:15 – 5 pm MA \$69 monthly – FW / FD / BT / F	Lift & Spin ♥ - SR / TRX 10:30 – 11:45 am Amy H \$69 – 4 times per month		
Martial Arts - 7 & under 5 – 6:10 pm MA \$69 monthly – BT / F / SD / TB	Martial Arts - Black Belt 6:10 – 7:30 pm MA \$69 monthly – BT / F / SD / TB	Martial Arts - 8 & up 5 – 5:50 pm MA \$69 monthly – FW / FD / BT / F	Martial Arts - Intro 4:20 – 5 pm MA \$69 monthly		
Martial Arts – Inter / Adv. 6:10 – 7:20 pm MA \$69 monthly – BT / F / SD / TB	Ballroom Dancing - GX 7 – 8 pm – 8/2, 8/16, 8/30 \$7.50 – per person each time	Gladiator ♥ - FA 5:45 – 6:45 pm Cathy D. \$59 – per month	Martial Arts – Black Belt 5 – 6 pm MA \$69 monthly FW / FD / BT / F		
Core Class ♥ - FA 6:30 – 7:30 pm Cathy D. \$59 – 4 times per month		Martial Arts – 7 and under 5:50 – 6:40 pm MA \$69 monthly – FW / FD / BT / F	Martial Arts – Fight Class 1 6 – 6:50 pm MA \$69 - monthly		
Martial Arts – Adults 7:30 – 8:45 pm MA \$69 monthly – BT / F / SD / TB			Martial Arts – Fight Class 2 6:50 – 7:30 pm MA \$69 - monthly		
		Martial Arts – Inter / Adv 6:40 – 7:30 pm MA \$69 monthly – FW / FD / BT / F			



FIVE SEASONS
848 - 9200

Class Locations Intensity Levels - number in heart symbols Martial Arts Martial Arts Terminology

TRX - Cross Train - Blue Mat
 GX – Group Exercise
 FA - Upstairs Fitness Area
 PR – Pilates / Reformer
 SR – Spin Room
 TE – Tennis Court #
 MA – Martial Arts Room



- 1 = Low Intensity – get in shape and love your body
- 2 = Rejuvenate - exhilarating functional fitness
- 3 = Perform – great for all levels increased intensity
- 4 = Hard – are you in shape? You will fell this!
- 5 = Intense – no pain, no gain and . . . no whining

Shaded in grey

You get 3 Martial Arts classes per week for a monthly fee of \$56 (2 MA classes of your choice - plus Thursday Fight class)

BT - Basic
 R – Review
 F - Forms
 FW – Foot Work
 SD – Self Defense
 FD – Fighting Drills
 TB – Target and Bag

Martial Arts Instructor
 Master
 Malealk Young