

EXECUTIVE HEALTH & SPORTS CENTER

SMALL GROUP TRAINING

| MONDAY | PROGRAM | LOCATION/DESCRIPTION | TRAINER |
|---------|------------|---|------------------|
| 5:30am | XT60 | SGT Studio: High Intensity Functional Training | Zack |
| 8:00am | XT60 | SGT Studio: High Intensity Functional Training | Melissa |
| 9:30am | BARRE | Studio B: Blending Dance, Cardio & Strength | Doria |
| 10:30am | STABY Flow | Studio B: Stability & Balance with traditional Yoga | Elizabeth St. D. |
| 4:30pm | BARRE | Studio B: Blending Dance, Cardio & Strength | Elizabeth St. D. |
| 6:00pm | XT60 | SGT Studio: High Intensity Functional Training | Geoff |

| TUESDAY | PROGRAM | LOCATION/DESCRIPTION | TRAINER |
|---------|--------------------|---|------------|
| 6:30am | Triathlon Training | TBA: Swim-Bike-Run technique & training | Pete |
| 8:00am | XT60 | SGT Studio: High Intensity Functional Training | Geoff |
| 9:00am | Boxing Fitness | SGT Studio: Striking, kicks & Core Conditioning | Pete |
| 12:00pm | BARRE | Studio B: Blending Dance, Cardio & Strength | Melissa F. |
| 6:00pm | XT60 | SGT Studio: High Intensity Functional Training | Zack |

| WEDNESDAY | PROGRAM | LOCATION/DESCRIPTION | TRAINER |
|-----------|------------|--|------------------|
| 5:30am | XT60 | SGT Studio: High Intensity Functional Training | Danielle |
| 8:00am | XT60 | SGT Studio: High Intensity Functional Training | Zack |
| 9:15am | BARRE | Studio B: Blending Dance, Cardio & Strength | Marie |
| 4:30pm | STABY Core | Studio B: Stability & Balance with a focus on Core | Elizabeth St. D. |
| 5:30pm | BARRE | Studio B: Blending Dance, Cardio & Strength | Elizabeth St. D. |
| 6:00pm | XT60 | SGT Studio: High Intensity Functional Training | Geoff |

| THURSDAY | PROGRAM | LOCATION/DESCRIPTION | TRAINER |
|----------|--------------------|---|------------------|
| 6:30am | Triathlon Training | TBA: Swim-Bike-Run technique & training | Pete |
| 8:00am | XT60 | SGT Studio: High Intensity Functional Training | Geoff |
| 9:00am | Boxing Fitness | SGT Studio: Striking, kicks & Core Conditioning | Pete |
| 10:15am | BARRE | Studio B: Blending Dance, Cardio & Strength | Elizabeth St. D. |
| 6:00pm | XT60 | SGT Studio: High Intensity Functional Training | Zack |

| FRIDAY | PROGRAM | LOCATION/DESCRIPTION | TRAINER |
|---------|-------------|---|------------------|
| 5:30am | XT60 | SGT Studio: High Intensity Functional Training | Pete |
| 8:00am | XT60 | SGT Studio: High Intensity Functional Training | Danielle |
| 12:00pm | BARRE/STABY | Studio B: Combining the very best of both exercises | Elizabeth St. D. |

| SATURDAY | PROGRAM | LOCATION/DESCRIPTION | TRAINER |
|----------|--------------------|--|-----------|
| 8:00am | XT60 | SGT Studio: High Intensity Functional Training | Pete |
| 9:00am | Triathlon Training | TBA: Swim-Bike-Run technique & training | Pete |
| 9:30am | XT60 | SGT Studio: High Intensity Functional Training | Melissa |
| 10:30am | BARRE | Studio B: Blending Dance, Cardio & Strength | Alternate |

INTERESTED?

FOR MORE INFO ABOUT OUR SMALL GROUP TRAINING,
CONTACT (603)624-9300 X105 OR JMIDDLEMISS@EHSC.COM