

SMAC Fit Pass

OCTOBER 2016

- A monthly training program
- Small group training at your fingertips
- Sessions can be chosen based on your specific needs and goals



See our brochure for pricing and details

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength / Power		TRX/Pilates Fusion <i>FF/S1</i> 1:00 - 1:55p (Lydia)	Strength for Swimmers <i>FF</i> 9:00 - 9:50a (Lucy)	Strength Foundation <i>FF</i> 11:00 - 11:50a (Robert)	Pilates JumpBoard <i>S1</i> 8:30 - 9:20a (Toni)	Self Defense & Conditioning <i>S2</i> 1:00 - 1:50p (Robert)	TRX Strong <i>FF</i> 8:00 - 8:50 am (Phil)
Core / Balance	Pilates Reformer Foundation <i>S1</i> 10:00 - 10:50a (Cristina)	Pilates Reformer Foundation <i>S1</i> 9:30 - 10:20a (Liliana)	TRX Total Body <i>FF</i> 12:30 - 1:20p (Lydia)	Pilates Reformer Foundation <i>S1</i> 12:30 - 1:20 pm (Sybille)	Pilates Apparatus Foundation <i>S1</i> 6:00 - 6:50p (Cristina)	Core Foundation <i>FF</i> 10:30 - 11:20a (Brittany)	Pilates Reformer Foundation <i>S1</i> 8:00 - 8:50a (Toni)
Cardio / Weight Loss	Pilates Mixed Apparatus Circuit <i>S1</i> 11:00 - 11:50a (Cristina)	TRX Circuit <i>FF</i> 6:30 - 7:20p (Lucy)	Cardio Boot Camp <i>PD</i> 12:00 - 12:50p (Raquel)	Cardio Foundation <i>FF</i> 6:30 - 7:30 pm (Brittany)	TRX Circuit <i>FF</i> 12:30 - 1:20p (Mai)	Cycle Strong <i>S4/S3</i> 12:00 - 12:50p (Raquel)	Weight Loss Circuit <i>FF</i> 9:00 - 9:50a (Phil)
Flexibility / Mind-Body	Tai Chi <i>S3</i> 11:00 - 11:50a (Pete)	Yoga for Athletes <i>S3</i> 7:00 - 7:50p (Susie)	Pilates Total Body <i>S1</i> 6:00 - 6:50p (Lydia)	Functionally Fit <i>ADAP</i> 8:30 - 9:20a (Lucy)	Yoga Foundation <i>S3</i> 8:30 - 9:20 am (Susie)	Pilates Reformer Elite <i>S1</i> 10:30 - 11:20 am (Liliana)	

S1= Studio 1

S2= Studio 2

S3= Studio 3

S4= Studio 4

FF= Fitness Floor

ADAP= Adaptive Studio

PD= Pool Deck

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Class Descriptions

Strength / Power

Strength for Swimmers: Focus on dry-land training to increase total body strength, flexibility, endurance, and power, utilizing a variety of tempos and resistance modes, including bodyweight, bands, medicine balls.

Self-Defense & Conditioning: Learn some self-defense techniques, basic striking, grappling, and all paired with drills/conditioning exercises to still give you that workout of the day you want.

TRX Strong: Full-body suspension training focused on building strength.

Pilates JumpBoard: A class that combines the traditional spring work of the Pilates reformer with cardio by adding a platform at the end of the machine to rebound against. This is a high intensity workout while remaining low impact on joints, keeping the body happy and healthy.

Strength Foundation: This fundamental class will utilize various strength equipment and tools to ensure proper form for safe and effective progressions.

TRX/Pilates Fusion: This powerful hybrid 55-minute total body workout combines 50/50 TRX suspension training & Pilates training using equipment such as the chair, reformer and trapeze table.

Core / Balance

TRX Total Body: Full-body suspension training focused on strengthening the core while incorporating total body movements.

Pilates Reformer Foundation: A great workout for strength, flexibility and core control utilizing the Studio Reformer. Based on the work of Joseph Pilates and geared towards beginners.

Pilates Apparatus Foundation: An excellent Pilates equipment based class geared towards beginners utilizing different apparatus such as the Wunda Chair, Trapeze Table and Reformer.

Core Foundation: This fundamentals class will utilize a number of different tools in the gym to stabilize, strengthen, and sculpt your core. Basic movements will be emphasized, and progressions will be given as needed.

Cardio / Weight Loss

Cardio Foundation: Whether you are a walker, runner, rower, swimmer, cyclist or just aspiring to become more active, this class will teach you the fundamentals and utilize the cardio machines to get you the most efficient workout possible.

Cycle Strong: A high energy, well rounded workout that combines cycling and strength training. Part of the workout takes place in the cycle studio and the other part utilizes a variety of strength/power tools such as TRX, Battle Ropes, Kettle Bells, etc. You get an intense yet low impact workout that will condition and strengthen your entire body.

Weight Loss Circuit: Resistance training circuits including high-intensity aerobics. Focused on building strength and muscular endurance.

TRX Circuit: Full-body suspension training circuits that incorporate cardio drills and exercises.

Pilates Mixed Apparatus Circuit: A circuit style class geared towards weight loss utilizing different apparatus such as the Wunda Chair, Trapeze Table and Reformer.

Cardio Boot Camp: This session involves circuits ranging from high intensity to endurance focused training, with cardio exercises in each round. You burn calories and condition your whole body while maximizing your time with this boot camp style workout.

Flexibility / Mind-Body

Yoga Foundation: Focus on the fundamentals of yoga in strength, flexibility, breathing, and peace of mind. Alignment in yoga is key for ensuring safety and maximizing results. Learn to conquer and accept your body by exploring your limitations and goals.

Yoga for Athletes: Conditioning class in strength and flexibility designed around the athlete. This class helps reverse asymmetrical pattern repetition (common in golf/tennis/baseball), strengthen joints overused in bounding-intensive, dynamic multi-directional shifts (e.g. boxing/basketball/football/soccer), and increase flexibility and range-of-motion for stiff joints and muscles (e.g. swimmers/bodybuilders).

Functionally Fit: To improve overall fitness and performance, sessions will include methods to mobilize and stretch muscles and fascia (myofascia), activate and stabilize tissues and joints, and perform exercises to re-educate the body to use the new space created through mobilization and stretching.

Pilates Reformer Elite: A great intermediate level workout for strength, flexibility and core control utilizing the Studio Reformer. Participants should have previous reformer experience and can perform foundational exercises.

Tai Chi: A noncompetitive, self-paced system of gentle physical exercise and stretching. Great way to reduce stress!

Pilates Total Body: A great full-body workout for strength, flexibility and core control utilizing the Studio Reformer. Based on the work of Joseph Pilates. All levels welcome.