

# SMAC Fit Pass

## DECEMBER 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
<b>Strength / Power</b>	<b>Pilates JumpBoard*</b> <sup>S1</sup> 8:00 – 8:50 am (Sandy)	<b>Intermediate Strength Training</b> <sup>FF</sup> 6:30 – 7:20 am (Wayne)	<b>Strength for Swimmers</b> <sup>FF</sup> 9:00 – 9:50 am (Lucy)	<b>Strength Foundation</b> <sup>FF</sup> 11:00 – 11:50 am (Robert)	<b>Pilates Total Body</b> <sup>S1</sup> 9:30 – 10:20 am (Lydia)	<b>MMA Conditioning</b> <sup>S2</sup> 1:00 – 1:50 pm (Robert)	<b>TRX Strong</b> <sup>FF</sup> 8:00 - 8:50 am (Phil)
<b>Core / Balance</b>		<b>Pilates Total Body</b> <sup>S1</sup> 9:30 – 10:20 am (Liliana)	<b>Pilates Reformer Elite</b> <sup>S1</sup> 6:00 – 6:50 am (Sybille)	<b>Pilates Reformer Foundation</b> <sup>S1</sup> 12:30 – 1:20 pm (Sybille)	<b>Core Foundation</b> <sup>FF</sup> 10:30 - 11:20 am (Brittany)		<b>Pilates Reformer Foundation</b> <sup>S1</sup> 9:00 – 9:50 am (Cristina)
<b>Cardio / Weight Loss</b>		<b>TRX Circuit</b> <sup>FF</sup> 6:30 - 7:20 pm (Lucy)	<b>SAQ Training</b> <sup>PD</sup> 7:00 - 7:50 am (Wayne)	<b>Cardio Foundation</b> <sup>FF</sup> 6:30 - 7:30 pm (Brittany)	<b>TRX Circuit</b> <sup>FF</sup> 12:30 - 1:20 pm (Phil)		<b>Weight Loss Circuit</b> <sup>FF</sup> 9:00 – 9:50 am (Phil)
<b>Flexibility / Mind-Body</b>	<b>Tai Chi*</b> <sup>S3</sup> 11:00 – 11:50 am (Pete)	<b>Pilates Reformer Foundation</b> <sup>S1</sup> 6:00 – 6:50 am (Cristina)	<b>Pilates Total Body</b> <sup>S1</sup> 6:00 – 6:50 pm (Lydia)	<b>Pilates Apparatus Foundation</b> <sup>S1</sup> 9:30 – 10:20 am (Sandy)	<b>Yoga Foundation</b> <sup>S3</sup> 8:30 – 9:20 am (Susie)	<b>Pilates Mixed Apparatus Circuit</b> <sup>S1</sup> 10:30 – 11:20 am (Liliana)	<b>Pilates Mixed Apparatus Circuit</b> <sup>S1</sup> 8:00 – 8:50 am (Cristina)

S1= Studio 1

S2= Studio 2

S3= Studio 3

S4= Studio 4

FF= Fitness Floor

ADAP= Adaptive Studio

PD= Pool

\*Cancelled on December 25, 2016 & January 1, 2017 due to the holiday weekends. Fit Pass prorated rates will be offered for this class due to the holiday schedule.

# SMAC Fit Pass

## 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.

**MMA Conditioning:** Workouts will be setup in stations and each station would be centered around a specific part of MMA to help condition the body and improve power. All levels welcome.

**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.

**Pilates Total Body:** A great full-body workout for strength, flexibility and core control utilizing various apparatus such as the Studio Reformer, Wunda Chair, Trapeze Table or Barrel. Based on the work of Joseph Pilates. All levels welcome.

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

**Intermediate Strength Training:** This session is for anyone using free weights or doing heavy lifting who need guidance on form or want to take their training to the next level. Having a strong core, along with good form is key in completing these exercises successfully without injury. Participants should have experience with free weights, squats and deadlifts and have been strength training at least twice a week for a year.

### 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 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.

**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.

**Pilates Apparatus Advanced:** A full body movement workout for strength, flexibility, stability and core control using Pilates trapeze table, chair and barrel geared towards Intermediate/Advanced participants. No reformer utilized. Must have prior experience with apparatus, be able to perform foundational movements with correct set up of springs & push-through bar.

### 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.

**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.

**SAQ (Speed, Agility, Quickness):** This class is open all levels looking to improve their speed, agility and quickness for sports. There will be drills using ladders, hurdles and potentially the track.

### 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.

**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.

**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 various apparatus such as the Studio Reformer, Wunda Chair, Trapeze Table or Barrel. Based on the work of Joseph Pilates. All levels welcome.

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