

SMAC Fit Pass

March 2017



- 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	Pilates JumpBoard ^{S1} 8:00 – 8:50 am (Sandy)	TRX Strong ^{FF} 6:30 – 7:20 pm (Phil)	Pillar Strength & Flow ^{S3} 8:30 – 9:20 am (Lucy)	Strength Foundation ^{FF} 12:00 – 12:50 pm (Robert)	Pilates Total Body ^{FF} 9:30 – 10:20 am (Lydia)	MMA Conditioning ^{S2} 1:00 – 1:50 pm (Robert)	TRX Strong ^{FF} 8:00 – 8:50 am (Phil)
Core / Balance	TRX Total Body ^{FF} 9:00 – 9:50 am (Candi)	Pilates Total Body ^{S1} 9:30 – 10:20 am (Liliana)	Pilates Reformer Elite ^{S1} 6:00 – 6:50 am (Sybille)	Pilates Reformer Foundation ^{S1} 12:30 – 1:20 pm (Sybille)	Injury Prevention Training ^{FF} 9:00 – 9:50 am (Ajay)	TRX Total Body ^{FF} 1:00 – 1:50 pm (Kimi)	Pilates Mixed Apparatus Circuit ^{S1} 9:00 – 9:50 am (Cristina)
Cardio / Weight Loss	Reso-LOSE-tion* ^{FF} 10:00 – 10:50 am (Candi)	Reso-LOSE-tion* ^{FF} 7:00 – 7:50 am (Wayne)	Reso-LOSE-tion* ^{FF} 6:00 – 6:50 am or 7:00 – 7:50 am or 8:00 – 8:50 am (Ajay)	Reso-LOSE-tion* ^{FF} 6:00 – 6:50 am (Candi) or 7:00 – 7:50 am (Wayne) or 8:00 – 8:50 am (Candi) Cardio Foundation ^{FF} 6:30 – 7:30 pm (Brittany)	Reso-LOSE-tion* ^{FF} 6:00 – 6:50 am or 7:00 – 7:50 am or 8:00 – 8:50 am (Ajay)	Reso-LOSE-tion* ^{FF} 7:00 – 7:50 am (Wayne) 8:00 – 8:50 am (Candi)	Reso-LOSE-tion* ^{FF} 8:00 – 8:50 am (Wayne) Weight Loss Circuit ^{FF} 9:00 – 9:50 am (Phil)
Flexibility / Mind-Body	Tai Chi ^{S3} 11:00 – 11:50 am (Pete)	Pilates Reformer Foundation ^{S1} 6:00 – 6:50 am (Cristina)	Pilates Total Body ^{S1} 6:00 – 6:50 pm (Lydia)	Pilates Apparatus Foundation ^{S1} 9:30 – 10:20 am (Sandy)	Yoga Foundation ^{S3} 8:30 – 9:20 am (Susie)	Pilates Mixed Apparatus Circuit ^{S1} 10:30 – 11:20 am (Liliana)	Pilates Reformer ^{S1} 10:00 – 10:50 am (Cristina)

S1= Studio 1

S2= Studio 2

S3= Studio 3

S4= Studio 4

FF= Fitness Floor

ADAP= Adaptive Studio

PD= Pool

*Sessions only available for members participating in the 6-week Reso-LOSE-tion Weight Loss Challenge from February 15 – March 28

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Class Descriptions

Strength / Power

Pillar Strength & Flow: In this class we will build core strength, strong, stable and mobile hips and shoulders, and toned limbs by practicing a combination of mat and standing exercises that integrate Pilates concepts with low impact functional movements to improve balance, strength, flexibility, and coordination.

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.

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.

Injury Prevention Training: These sessions will incorporate balance training, as well as utilize a number of different tools in the fitness center to stabilize and strengthen your core to prevent injuries.

Cardio / Weight Loss

Reso-LOSE-tion: This 6-week challenge is a fee-based program that will include: Training with a Trainer 4 days/week- small group, Body composition and circumference measurements, Weekly weigh-ins, Nutrition Workshop with a Certified Nutritionist (includes meal), Meal planner guide, ESD Cardio Programming (ESD Technology tailors interval training to you, so every workout is as efficient and effective as possible)

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.

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

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.