

# SMAC Fit Pass

## December 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 <sup>S1</sup> 8:00 – 8:50 am (Sandy)**	TRX Strong <sup>FF</sup> 6:30 – 7:20 pm (Phil)**	Pilates Reformer <sup>S1</sup> 9:30 – 10:20 am (Cristina)	Strength Foundation <sup>FF</sup> 12:00 – 12:50 pm (Robert)	Pilates Total Body <sup>FF</sup> 9:30 – 10:20 am (Lydia)	Circuit Training <sup>FF</sup> 11:00 – 11:50 am (Robert)	TRX Strong <sup>FF</sup> 8:00 – 8:50 am (Phil)
Core / Balance	TRX Total Body <sup>FF</sup> 9:00 – 9:50 am (Candi)	Core Conditioning <sup>FF</sup> 6:30 – 7:20 pm (Ajay)**	Pilates Reformer Elite <sup>S1</sup> 6:00 – 6:50 am (Sybille)	Core Conditioning <sup>FF</sup> 6:30 – 7:20 pm (Ajay)	Balance Training & Fall Prevention <sup>FF</sup> 9:00-9:50 pm (Ajay)		Pilates Mixed Apparatus Circuit <sup>S1</sup> 9:00 – 9:50 am (Cristina)
Cardio / Weight Loss	ResoLOSEtion* <sup>FF</sup> 10:00 – 10:50 am (Candi)	ResoLOSEtion* <sup>S3</sup> 6:00 – 6:50 am (Wayne) or 7:00 – 7:50 am (Wayne)**	ResoLOSEtion* <sup>S3</sup> 6:00 – 6:50 am or 7:00 – 7:50 am or 8:00 – 8:50 am (Ajay)	ResoLOSEtion* <sup>S3</sup> 6:00 – 6:50 am (Candi) or 7:00 – 7:50 am (Wayne) or 8:00 – 8:50 am (Candi)	ResoLOSEtion* <sup>S3</sup> 6:00 – 6:50 am or 7:00 – 7:50 am or 8:00 – 8:50 am (Ajay)	ResoLOSEtion* <sup>S3</sup> 7:00 – 7:50 am or 8:00 – 8:50 am (Wayne) or 10:30 – 11:20 am (Wayne)	ResoLOSEtion* <sup>S3</sup> 8:00 – 8:50 am or 9:00 – 9:50 am (Wayne)
Flexibility / Mind-Body		Pilates Total Body <sup>S1</sup> 9:30 – 10:20 am (Liliana)**	Pilates Total Body <sup>S1</sup> 6:00 – 6:50 pm (Lydia)	Pilates Reformer Foundation <sup>S1</sup> 12:30 – 1:20 pm (Jean)	Pilates Apparatus <sup>S1</sup> 6:00 – 6:50 pm (Cristina)	Pilates Mixed Apparatus Circuit <sup>S1</sup> 10:30 – 11:20 am (Liliana)	Pilates Reformer <sup>S1</sup> 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 Holiday 4-week ResoLOSEtion Weight Loss Challenge from November 27-December 23, 2017

\*\*Session cancelled on Sunday, December 24 & 31, 2017 and Monday, December 25 due to the Holiday & Modified Club Hours  
(Holiday Club Hours: December 24 & December 31, 2017: 7:00 am – 12:00 pm; December 25: Club Closed)

# SMAC Fit Pass

## Class Descriptions

### Strength / Power

**Circuit Training:** a circuit style session that focuses on high intensity interval training, tabata, and traditional resistance circuits. Great for everyone of all fitness levels looking to burn fat, increase their cardio, or build strength.

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

**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 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 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.

### 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.

**Balance Training & Fall Prevention:** 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 fall and other injuries.

### Cardio / Weight Loss

**ResoLOSEtion:** 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 Tracking & Meal planner guide, ESD Cardio Programming (ESD Technology tailors interval training to you, so every workout is as efficient and effective as possible)

**Core Conditioning:** Resistance training circuits including high-intensity strength training. Focused on building core strength and muscular endurance for all levels.

### Flexibility / Mind-Body

**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 utilizing different apparatus such as the Wunda Chair, Trapeze Table and Reformer. Appropriate for participants who have had previous Apparatus experience.

**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.