

SMAC Fit Pass

April 2018

- 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	Functionally Fit ^{FF} 10:00 - 10:50 am (Raquel)**	TRX Strong ^{FF} 6:30 - 7:20 pm (Phil)***	Pilates Reformer ^{S1} 9:30 - 10:20 am (Cristina)	Strength Foundation ^{FF} 12:00 - 12:50 pm (Robert)	Functionally Fit ^{FF} 7:00 - 7:50 pm (Raquel)	Circuit Training ^{FF} 11:00 - 11:50 am (Robert)	TRX Strong ^{FF} 8:00 - 8:50 am (Phil)
Core / Balance	TRX Total Body ^{FF} 9:00 - 9:50 am (Candi)	Pilates Reformer ^{S1} 6:00 - 6:50 am (Sybille)	Pilates Reformer Elite ^{S1} 6:00 - 6:50 am (Sybille)	Pilates Reformer Foundation ^{S1} 6:00 - 6:50 am (Sybille)	Pilates Apparatus ^{S1} 6:00 - 6:50 am (Sybille)	Pilates Mixed Apparatus Elite ^{S1} 10:30 - 11:20 am (Liliana)	Pilates Mixed Apparatus Circuit ^{S1} 9:00 - 9:50 am (Cristina)
Cardio / Weight Loss	ResoLOSEtion* ^{FF} 10:00 - 10:50 am (Candi)	ResoLOSEtion* ^{S3} 6:00 - 6:50 am (Wayne) or 7:00 - 7:50 am (Wayne)*	ResoLOSEtion* ^{S3} 6:00 - 6:50 am or 7:00 - 7:50 am or 8:00 - 8:50 am (Ajay)	ResoLOSEtion* ^{S3} 6:00 - 6:50 am (Candi) or 7:00 - 7:50 am (Wayne) or 8:00 - 8:50 am (Candi)	ResoLOSEtion* ^{S3} 6:00 - 6:50 am or 7:00 - 7:50 am or 8:00 - 8:50 am (Ajay)	ResoLOSEtion* ^{S3} 7:00 - 7:50 am or 8:00 - 8:50 am (Wayne)	ResoLOSEtion* ^{S3} 8:00 - 8:50 am or 9:00 - 9:50 am (Wayne)
Flexibility / Mind-Body	Pilates JumpBoard ^{S1} 7:50 - 8:40 am	Pilates Total Body ^{S1} 9:30 - 10:20 am (Liliana)	Pilates Total Body ^{S1} 6:00 - 6:50 pm (Lydia)	Pilates Reformer Foundation ^{S1} 12:30 - 1:20 pm (Jean)	Pilates Total Body ^{FF} 9:30 - 10:20 am (Lydia)		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 ResoLOSEtion Weight Loss Challenge from March 7-April 17, 2018

**No session on Monday, April 1, 2018

***No Session on April 2, 2018

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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.

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

Functionally Fit: This small group session will focus on functional total body strength and conditioning using different tools like TRX, weights, stability balls, Battle Ropes, etc. Take your fitness to the next level with this circuit style training and add variety to your workouts.

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.

Core / Balance

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

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.

Balance & Reaction Training: This small group training session will focus on active recovery of the lower body including the foot, ankle, and hips using various soft tissue techniques combined with balance work that will help create body awareness in order to increase proprioception.

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

Pilates Mixed Apparatus Elite: A great intermediate level workout for strength, flexibility and core control utilizing the Wunda Chair, Trapeze, Arc, Reformer or a combination of these components. Participants should have previous Apparatus experience and can perform foundational exercises.

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)

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.

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.

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.