

# SMAC Fit Pass

## May 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
<b>Strength / Power</b>	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)
<b>Core / Balance</b>	TRX Total Body FF 9:00 - 9:50 am (Candi)	Pilates Reformer Foundation S1 6:00 - 6:50 pm (Sandy)  Core Conditioning FF 6:30 - 7:20 pm (Ajay)**	Pilates Reformer Elite S1 6:00 - 6:50 am (Sybille)	Core Conditioning FF 6:30 - 7:20 pm (Ajay)	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)
<b>Cardio / Weight Loss</b>	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)
<b>Flexibility / Mind-Body</b>	Pilates JumpBoard S1 7:50 - 8:40 am (Sandy)	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 S1 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 May 9-June 19, 2018

\*\*Session cancelled on Monday, May 28, 2018 due to the Modified and Holiday Club Hours (Holiday Club Hours: May 28, 2018: 8:00 am - 1:00 pm)

\*\*\*No session on Sunday, May 6, 2018

# 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 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.

### Core / Balance

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

**Pilates Apparatus:** An excellent pilates equipment-based class utilizing different apparatus such as the Wunda Chair, Trapeze Table & Reformer. Appropriate for participants who have had previous Apparatus experience.

**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.

**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.

**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.

### 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.

**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.

**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.