

SMAC Fit Pass

September 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)	Strength Foundation ^{FF} 11:00 – 11:50 am (Robert)	Pilates Reformer Foundation ^{S1} 6:00 – 6:50 am (Sybille)	Functionally Fit ^{FF} 7:00 - 7:50 pm (Raquel)		TRX Strong ^{FF} 8:00 - 8:50 am (Phil)
Core / Balance	TRX Total Body ^{FF} 9:00 - 9:50 am (Candi)	Pilates Reformer ^{S1} 10:30 – 11:20 am (Sybille)	Kettlebell & Core ^{FF} 6:00 – 6:50 pm (Liem)	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)	Core Conditioning ^{FF} 9:00 – 9:50 am (Ajay)
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 (Wayne) 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 (Wayne)
Flexibility / Mind-Body	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 (Rhonda)		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 September 12 – October 23, 2018

**No session on Monday, September 3 due to Labor Day holiday and shortened Club Hours: 8:00 am – 1:00 pm

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Class Descriptions

Strength / Power

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

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.

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

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

Core / Balance

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

Kettlebell & Core: The kettlebell lifting is a skill-based weight training and weightlifting sport using a cast-iron or cast steel weight used to perform ballistic exercises that combine cardiorespiratory, strength and flexibility training. The kettlebell's center of mass is beyond the exerciser's grip, allowing for exercises that activate, tone, and strengthen multiple muscle groups in the neuromyofascial system rhythmically with the potential to burn 1000 Calories per session.

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

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 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.