

# SMAC Fit Pass

## November 2019

- 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>	<b>Functionally Fit</b> <i>FF</i> 10:00 - 10:50 am (Josh)	<b>Circuit Training</b> <i>FF</i> 6:30 – 7:20 am (Yingfei)	<b>Strength Foundation</b> <i>FF</i> 11:00 – 11:50 am (Robert)	<b>Pilates Apparatus Foundation</b> <i>S1</i> 4:30 – 5:20 pm (Marlys)	<b>Functionally Fit</b> <i>FF</i> 6:30 - 7:20 pm (Josh)		<b>TRX Strong</b> <i>FF</i> 8:00 - 8:50 am (Phil)
<b>Core / Balance</b>	<b>TRX Total Body</b> <i>FF</i> 9:00 - 9:50 am (Candi)		<b>TRX Strong</b> <i>FF</i> 6:30 - 7:20 pm (Josh)	<b>Pilates Total Body</b> <i>S1</i> 9:30 – 10:20 am (Liliana)	<b>Pilates Apparatus</b> <i>S1</i> 6:00 – 6:50 am (Sybille)	<b>Pilates Mixed Apparatus Elite</b> <i>S1</i> 10:30 – 11:20 am (Liliana)	
<b>Cardio / Weight Loss</b>	<b>ResoLOSEtion*</b> <i>FF</i> 10:00 – 10:50 am (Candi)	<b>ResoLOSEtion*</b> 6:00 – 6:50 am or 7:00 – 7:50 am <i>S3</i> (Wayne) or 8:00 – 8:50 am (Yingfei) <i>FF</i> or 4:00 – 4:50 pm (Scott) <i>FF</i>	<b>ResoLOSEtion*</b> <i>S3</i> 6:00 – 6:50 am or 7:00 – 7:50 am or 8:00 – 8:50 am (Ajay)	<b>ResoLOSEtion*</b> <i>S2</i> 6:00 – 6:50 am or 7:00 – 7:50 am or 8:00 – 8:50 am (Candi) <i>S3</i> 4:00 – 4:50 pm (Scott) <i>FF</i>	<b>ResoLOSEtion*</b> <i>S3</i> 6:00 – 6:50 am or 7:00 – 7:50 am or 8:00 – 8:50 am (Glenn)	<b>ResoLOSEtion*</b> <i>S3</i> 6:00 – 6:50 am 7:00 – 7:50 am or 8:00 – 8:50 am or (Glenn)	<b>ResoLOSEtion*</b> <i>S3</i> 8:00 – 8:50 am or 9:00 – 9:50 am (Wayne) <i>FF</i>
<b>Flexibility / Mind-Body</b>	<b>Functional Posture</b> <i>FF</i> 11:00 – 11:50 am (Glenn)	<b>Pilates Apparatus Foundation</b> <i>S1</i> 9:30 – 10:20 am (Liliana)	<b>Pilates Total Body</b> <i>S1</i> 6:00 – 6:50 pm (Marlys)	<b>Pilates Reformer Foundation</b> <i>S1</i> 12:30 – 1:20 pm (Jean)	<b>Pilates Total Body</b> <i>S1</i> 9:30 - 10:20 am (Rhonda)		<b>Pilates Reformer</b> <i>S1</i> 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 October 16 – November 26, 2019

# 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.

**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.

**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.

**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.

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

**Functional Posture:** A strength and flexibility class with a strong focus on postural alignment. Class will focus on strengthening of posture muscles as well as simple ways to "correct yourself" into better spinal alignment. Emphasis on exercises that will help those with chronically tight muscles and back, hip, & shoulder issues.

### 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.

**Functional Posture:** A strength and flexibility class with a strong focus on postural alignment. Class will focus on strengthening of posture muscles as well as simple ways to "correct yourself" into better spinal alignment. Emphasis on exercises that will help those with chronically tight muscles and back, hip, & shoulder issues.