



GROUP TRAINING SCHEDULE

(Updated as of February 1st)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9-9:45 am Bootcamp JANICE	9:30-10 am Kinesis SARAH		9-9:45am Bootcamp JANICE	
10-10:30 am Kinesis DAN		10-10:30 am Kinesis DAN		10-10:30 am Bootcamp and Kinesis DAN	
4-5 pm New England Academy of Tennis		4-5 pm New England Academy of Tennis			TRX 3-3:30 Ian/Sone
			5-5:30 pm Bootcamp ADAM	4-4:30 pm Youth Conditioning ADAM	
	5-5:30 pm Bootcamp ADAM		5:30-6 pm Kinesis ADAM		
	5:30-6 pm Kinesis ADAM	7-7:30 pm Kinesis BETH			
	7-7:30 pm Youth Sports Conditioning SONE	7-7:30 pm Bootcamp JANICE	7-7:30 pm Youth Sports Conditioning SONE		

****PLEASE CONTACT DAN SALERNO (508) 653-4633 X209
FOR MORE INFO, TO SIGN UP OR TO REQUEST OTHER CLASS TIMES****

PRICES

4 SESSION \$80 (\$20 each)

8 SESSIONS \$144 (\$18 each)

12 SESSIONS \$180 (\$15 each)

**ADVANCED SIGN UP IS REQUIRED
CALL TO RESERVE YOUR DAY AND TIME SLOT**

**Come join the areas BEST group training classes.
From Bootcamps to Kinesis our
Certified Personal Trainers will whip up a routine
that will blow your mind**

**One punch card will grant you access to all our
Small Group Options**



Class Descriptions

Kinesis- Is a high paced class good for beginners to the most advanced participant. Kinesis is a unique strength training machine which allow for infinite movement and exercises. These sessions combine strength training exercises involving total body movements. Core, balance, and strength training are combined with cardiovascular conditioning to give you an overall workout in just 30-minutes.

Adam's Boot Camp- This 30-minute boot camp is a fast paced fun class that works mainly on strength and cardio endurance. Each member is pushed to their individual limits. Since classes are rarely larger than 4, we are able to help each client with proper tempo, form and resistance. Like every class, variety is the key component to keep you from hitting a plateau in your training and everyone stays interested and entertained.

Boot Camp with Janice- This is a 45 minute high energy total body circuit training class. It combines cardio and strength workouts using various methods including kettlebells, tubes, bands, and plyometrics, which vary with each class. You will be challenged and encouraged. Each exercise can be modified to accommodate individual needs, so every fitness level can benefit from this fast paced class!

Bikini Boot Camp- This is a 45 minute total body conditioning class which focuses on workouts that sculpt and tone the body. While moving through various training stations which work your arms, abdominals, butt and legs, you will have close attention paid to proper form and ability. Workouts and training methods vary with each class to keep your body and mind challenged and engaged. Come on in to get your body ready for summer!

Sports Conditioning with Sone- In this 30-minute Youth Sports Conditioning class, each exercise enhances the young athlete's motor skills, including balance, core stabilization, strength, speed, postural control, and agility. This program is primarily for young athletes who are looking to improve their level of fitness in any type of sport they are involved with the age ranges between 10 to 17 years of age.

Youth Conditioning with Adam-These 30-minute sessions are designed for all youths of any fitness level. We vary each exercise per class and focus on each of the individual's specific needs and give extra attention where needed. Each class is different than the previous and the exercises are always changing and getting progressively more difficult while keeping everyone's attention. The main goal of the class is to teach the basics of exercise while strengthening their core, balance, agility and overall strength and endurance. The age range is 8-16 years of age.

5K Training with Ian (coming soon)- These sessions will involve cardio endurance training and light strength training. The class will start with light cardio such as brisk walking, and progress to extended periods of running. The end goal is for each participant to progress to where they can run three continuous miles without stopping. Each class will involve small structured progressions designed to ease participants towards the end goal. We will involve light resistance training periodically to help improve strength endurance. Sessions times run for 30-minutes (Coming Soon)

Outdoor Bootcamp- Take your workout outside while the weather is nice. Work on your tan as you work on your beach body. Our trainers will creatively whip you through a routine that will leave you breathless. When you are finish your heart pounding workout, sit, relax and cooldown in the pool.