



PERFORMANCE CENTER

April -May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Freedom Fitness Performance Center is open to Group Training Only. <i>*Group Training is 2-4 paid clients working with a trainer.</i>	TRX Level 1 Naydine 6:00-7:00am		TRX Level 1 Naydine 6:00-7:00am		TRX Level 1 Nic 6:00-7:00am	
	Power Plate Nic 8:00-9:00am		Power Plate Nic 8:00-9:00am		Power Plate Nick 8:00-9:00am	
	TRX Blast Nic 9:00-9:30am Hybrid Nic 9:30-10am	FIT X X-Factor Tom 9:00-9:30am FIT X Abs Tom 9:30-10:00am	TRX Blast Nic 9:00-9:30am Hybrid Nic 9:30-10am	FIT X X-Factor Tom 9:00-9:30am FIT X Abs Tom 9:30-10:00am	TRX Power-Lower Kelly 9:00-10:00am	Guns & Buns Nic 9:00-9:30am Core Ball Nic 9:30-10:00am
	TRX Naomi 10:00-11:00am	FIT X Fight Club Tom 10:00-10:30am	TRX Naomi 10:00-11:00am	Fit X Cross Training Tom 10:00-10:30am	FIT X Fight Club Tom 10:00-10:30am	Pilates Janalle 10-11am
	Foam roll/ stretch Naydine 11:00-11:30	Fit X Cross Training Tom 10:30-11:00am	Foam roll/ stretch Naydine 11:00-11:30	Body Blast Tom 10:30-11:00am	Fit X Cross Training Tom 10:30-11:00am	
	KidFit Nic 4:00-5:00pm		KidFit Nic 4:00-5:00pm		KidFit Nic 4:00-5:00pm	
	FIT X X-Factor Tom 4:30-5:00pm FIT X Abs Tom 5:00-5:30pm	Kettlebell Nic 4:30-5:00pm Body Blast Nic 5-5:30pm Hybrid Nic 5:30-6pm	FIT X X-Factor Tom 4:30-5:00pm FIT X Abs Tom 5:00-5:30pm	Kettlebell Nic 4:30-5:00pm Body Blast Nic 5-5:30pm Core-fit Nic 5:30-6pm		
	TRX Level 1 Naydine 5:30-6:30pm		TRX Level 1 Naydine 5:30-6:30pm			

PERFORMANCE CENTER CLASS DESCRIPTIONS

April- May

Guns & Buns

Muscular toning & development class focusing on guns & buns (i.e.. biceps, triceps, shoulders, glutes & hamstrings).

Fit X Abs	Abdominal & core workout that will have you washing your clothes on your stomach!
Fit X Cross Training	Circuit training based full body workout. Utilizing every piece of equipment that will have your body toned & conditioned.
Fit X Fight Club	Mixed martial arts training that will have you ready for Friday night fights!
Fit X X-factor	High-intensity full body cross training. Resistance training with Tabata intervals.
Hybrid	Sports specific training to bring out the athlete in you.
Core-fit	Medicine balls, stability balls, BOSU, ropes & more! This class will challenge your balance, strength & endurance. This class will help core stability and balance
Power Plate	This hour class will leave you with a better understanding of the power plate, its benefits, & how to incorporate it into your exercise regime. Whole body vibration (WBV) is used for training, exercise, and recovery purposes by professional athletes, therapists, celebrities, trainers, and doctors all over the world. A class everyone should try!
Kettlebell	Full body workout using the kettlebell system. Increase your core muscle and maximize your calorie burn.
TRX Level 1	In this TRX Group Personal Training session, you will learn the basics of suspension training. Experience training the entire body by combining variable-resistance bodyweight training, elements of instability, & multiple planes of movement. Open to all ability levels.
TRX Guts and Butts	Suspension training and variable resistance, multiple planes of movement. Focusing on abdominals and glute regions. Engage your core muscles and burn a high amount of calories.
TRX Blast	Advanced TRX training systems using kettlebells for a total body workout.
Power Stretch	Designed using Power Plate Acceleration training methods to awaken and balance the body. Using the benefits of movement preparation, massage, and recovery work makes this the perfect 30 minutes to start your day right.
Kid Fit	For kids 5-11 years of age to engage in fun and interactive fitness using ropes, tires, medicine balls, agility ladders and more! Bring out the athlete in you!
Pilates	Mat Pilates will increase your range of motion and strengthen your core. A great stress relief!
Body Blast	Total Body Strength Endurance Training using the full capacity of the Performance Center. Come get your "Blast" on!