

Small Group Personal Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM		FIT Dina		FIT Dina			
9:00 AM	eXplode Kevin	GTS Kristi	eXplode Josh	GTS Jo-Jo	GTS Jen	GTS Jo-Jo	FIT Katrina
9:00 AM			Intro to Fitness Jen				
10:00 AM	Combine 360 Willie	GTS Jo-Jo	Combine 360 Willie	GTS Jo-Jo	GTS Kristi	GTS Jo-Jo	
11:00 AM	Kettlebell 101 Dina		Kettlebell 101 Dina		GTS Katrina		
11:30 AM		Power Posture, Core & Balance Kristi		Power Posture, Core & Balance Kristi			
12:00 PM		Power Posture, Core & Balance Kristi		Power Posture, Core & Balance Kristi			
5:30 PM			Intro to Fitness Jen				
5:45 PM	eXplode Kevin			eXplode Josh			
6:00 PM	Fit 4 Baby Katrina	GTS Kristi	GTS Jo-Jo	Fit 4 Baby Lindsey			
6:30 PM	TNT Willie			TNT Willie			
7:00 PM			Persevere Mike				
7:15 PM	Persevere Mike			FIT Katrina			

Schedule

- Held on the main fitness floor (meet in the lobby)
- Held in the Small Group PT Studio
- Held In the Kids Activity Room (Lower Level)

You must sign up in advance for these sessions. Please see a Personal Trainer, Maria Argiroudis, or Rachael Ling to get scheduled.

