



CCAC Elevation Studio Schedule

Small Group Trainings

August 2018



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:00 AM	Ben-Fit: Ben		Ben-Fit: Ben			
6:00-6:30 AM		Circuit Zone Anthony		Circuit Zone Anthony	FIT Club: Omar	
6:30-7:00 AM			UPSTAIRS>>>	Kettlebells: Robyn		
7:00-7:30 AM			Kettlebells: Robyn			
7:30-8:00 AM	FIT Club: Omar		FIT Club: Omar			
8:00-8:30 AM		TRX 8-8:45		TRX 8-8:45		FIT Club: Omar
8:30-9:00 AM						
9:00-9:30 AM	Ben-Fit: Ben	Kickboxing Hannah	Power Circuit Robyn	Ben-Fit: Ben		FIT Club 9:15: Omar
9:30-10:00 AM						
10:00-10:30 AM	FIT Club: Omar	W.O.W. Robyn	FIT Club: Omar	W.O.W. Robyn	FIT Club: Omar	
10:30-11:00 AM						
11:00-11:30 AM		Next Level Teens: Michael	Kickboxing Hannah	Next Level Teens: Michael		
11:30-12:00 PM			UPSTAIRS>>>	Kettlebells: Robyn		
12:00-12:30 PM						
12:30-1:00 PM						
1:00-1:30 PM	YouthFit: Anthony	Move Well, Be Well: Matt	YouthFit: Anthony	Move Well, Be Well: Matt		
1:30-2:00 PM						
4:00-4:30 PM	Metabolic Strength: Matt		Metabolic Strength: Matt			
4:30-5:00 PM		Fast-N-Fit		Fast-N-Fit		
5:00-5:30 PM	TRX 5-5:45	FIT Club 5:15: Omar	TRX 5-5:45	Kickboxing Hannah		
5:30-6:00 PM						
6:00-6:30 PM	Circuit Zone Anthony	KB Strength 45: Matt	Circuit Zone Anthony	KB Conditioning 45: Matt		
6:30-7:00 PM						
7:00-7:30 PM	State of Sweat: Rachel					
7:30-8:00 PM						

Small group trainings: \$30 drop-in; 6/\$150; 12/\$276. With a package, you are able to join ANY class, with ANY instructor (Reaxing included--please see pool schedule) Please note, some class prices may vary (TRIBE and W.O.W.). Please consult flyers and the Front Desk for the most up-to-date pricing. Sign-up is required for ALL classes. RED boxes denote complimentary, no-charge classes.

Ben-Fit: This program is designed to take your functional fitness to the next level by combining circuit training, strength training, and high-intensity interval training into one comprehensive program. There is fit, and there is Ben-Fit. Which are you?

Circuit Zone: This class will push you to your limits with its fast-paced style of 30 seconds to 8 minutes for an exercise before moving to the next. Incorporating the use of the rowers, ViPRs, kettlebells and so much more, this class will leave you breathless. Be prepared to work hard and get results!

Fast-N-Fit: (Complimentary class) This 30-minute, high intensity class incorporates a BOSU to develop core and stabilizer muscles while challenging strength, power and endurance.

FIT Club: Have fun with Coach O and challenge yourself during this one-hour total body conditioning HIIT class that utilizes the Concept 2 rower, TRX, ViPR, kettlebells, dumbbells and more. Learn proper rowing technique, and build strength, mobility and endurance.

Kettlebells: Kettlebells: Build muscle, burn fat, and save time! The kettlebell is a versatile tool that can do a lot of positive things for your body. Join Robyn Smith and Matthew Luckie for a series of kettlebell classes that will teach you how to effectively and safely utilize the kettlebell to take your workouts into a new realm of awesomeness!

Kickboxing: This high energy workout is for all experience and fitness levels. Learn kickboxing techniques that will increase strength, improve cardio, and relieve stress! Push yourself to the next level by training like a fighter - the ultimate workout for coordination, balance, power and flexibility.

Metabolic Strength: One of the best ways to boost your metabolism is by getting stronger with weights, and this class does just that. Learn the best moves to keep your metabolism rocking in a safe and fun environment.

Move Well, Be Well: This class is designed to help you perform well with whatever challenges you choose to take on, using Matt Luckie's *Mobilize, Stabilize and Connect* model to move you toward optimal physical functioning. This class benefits everyone but is especially geared toward those with a history of weakness in their core, lower back, hips and shoulders.

Next Level Teen: Want to be as fit as possible and be a better athlete? Running technique, speed & agility drills, hills, bounding, NFL Combine Drills, plyometrics, and much more will help you maximize your potential and be the athlete you always knew you could be. Boys & Girls ages 12-18.

Power Circuit: Burn fat fast with high intensity intervals. Maximize your results with a mix of body-blasting sculpting combined with cardio-crushing bursts in this intense circuit class.

State of Sweat: Small group training program designed to pair with the State of Slim nutrition program. Join your fellow SOS members as you develop healthy ways to workout to compliment your new way of eating.

TRX: Come join us in the Elevation Studio for this complimentary (NO CHARGE!) class that is sure to challenge your entire body in whole new ways as you use the TRX straps in fun, creative ways. Sign up is required as space is limited to 12 straps.

W.O.W. (Women on Weights): Train in a small group setting with other women! Receive personal attention as you get stronger doing workouts that include: anaerobic, aerobic, total body strength, and flexibility training, as well as camaraderie.

YouthFit: Calling all youth athletes and non-athletes! Join us as Anthony Walker leads different drills that focus on increasing speed, coordination, balance, focus and strength through interval training and use of state-of-the-art equipment. Boys and girls of all ages welcome!

