



CCAC Small Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:25 AM Ben-Fit Ben <i>Elevation Studio</i>	6:00-6:55 AM Body Burn Tyler <i>Elevation Studio</i>	5:30-6:25 AM Ben-Fit Ben <i>Elevation Studio</i>	6:00-6:55 AM Body Burn Tyler <i>Elevation Studio</i>	6:00-6:55 AM FIT Club Omar <i>Elevation Studio</i>	8:00-8:55 AM FIT Club Omar <i>Elevation Studio</i>	
7:30-8:25 AM FIT Club Omar <i>Elevation Studio</i>		7:00-7:30 AM Kettlebell Fitness Robyn <i>Upstairs</i>			9:15-10:10 AM FIT Club Omar <i>Elevation Studio</i>	9:30-10:25 AM Body Burn Tyler <i>Elevation Studio</i>
9:00-9:55 AM Ben-Fit Ben <i>Elevation Studio</i>		7:30-8:25 AM FIT Club Omar <i>Elevation Studio</i>	8:00-8:45 AM TRX* Ben <i>Elevation Studio</i>	10:00-10:55 AM FIT Club Omar <i>Elevation Studio</i>	11:00-11:55 AM Aerial Yoga Basics Sarah <i>The Cage</i>	
10:00-10:55 AM FIT Club Omar <i>Elevation Studio</i>	10:00-10:55 AM W.O.W. Robyn <i>Elevation Studio</i>		9:00-9:55 AM Ben-Fit Ben <i>Elevation Studio</i>			
		10:00-10:55 AM FIT Club Omar <i>Elevation Studio</i>	10:00-10:55 AM W.O.W. Robyn <i>Elevation Studio</i>			
11:25-11:55 Ben-Fit Ben <i>Elevation Studio</i>		11:25-11:55 Ben-Fit Ben <i>Elevation Studio</i>	11:00-11:55 AM Aerial Yoga Basics Sarah <i>The Cage</i>			
12:05-12:35 Ben-Fit Ben <i>Elevation Studio</i>	1:00-1:55 PM Move Well, Be Well Matt <i>Elevation Studio</i>	12:05-12:35 Ben-Fit Ben <i>Elevation Studio</i>				
			4:30-5:00 PM Fast-n-Fit* Ben <i>Elevation Studio</i>			
5:15-6:10 PM FIT Club Omar <i>Elevation Studio</i>	6:00-6:30 PM Live Fit Rachel <i>Conference Room</i>	5:15-6:10 PM FIT Club Omar <i>Elevation Studio</i>				
	6:30-7:30 PM State of Sweat Rachel <i>Elevation Studio</i>					

Small group trainings: REGISTRATION REQUIRED \$30 drop-in; 6/\$150; 12/\$276 (30 min packages also available) Non-member pricing: \$35 drop-in; 6/\$180; 12/\$324. With a package, you are able to join ANY class, with ANY instructor. **EXCEPTIONS: Please note, W.O.W. class prices vary from above package pricing.** Please consult flyers, the front desk or the Fitness Director for the most up-to-date pricing. Sign-up is required for ALL classes. Classes with an asterisk (*) are complimentary (no charge) classes.

Class Descriptions:

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?

Body Burn: Get ready to experience the Burn! Your lungs, body and metabolism will be on fire with this push-it-to-the-max workout! Find your fire and rev up your fitness on all levels!

Circuit Rage: (Complimentary class) Blast through high intensity circuits to get you in and out the door! Short, effective, and loads of fun!

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.

Live Fit: This nutrition group provides accountability and focuses on making long-term lifestyle/habit changes rather than a quick-fix.

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.

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. If you aren't a part of the SOS program, no worries! Come join others with similar goals, and get involved in a community that helps keep you accountable to those goals!

TRX: (Complimentary) 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. (6 pack \$228; 12 pack \$432)

