

Elite Fitness and Performance

Small Group Training Sessions

Monday

5am -TRX and TRX Plus (10 max participants)

6am-Womens Functional Strength Training (6 people) must be current client to sign up.

8:30- Women's Functional Strength Training (6 people) must be current client to sign up.

8:45 - Women's Functional Strength Training (6 people) must be current client to sign up.

10:15 – CORE FIT 1, 2,3 (6 participants)

2:45-4PM Men's Intermediate/ advanced Functional Strength Training (6 people) must be current client to sign up.

4:15PM Athlete Development (12-14yr olds) must be current client or have had an assessment to sign up.

6:30PM- Mens Functional Strength Training (6 people) must be current client or have had an assessment to sign up.

TUESDAY

5:30-7:00AM Men's Intermediate/ advanced Functional Strength Training, must be current client or have done assessment to sign up.(6 people)

9:00AM Women's Functional Strength Training (6 people) must be current client to sign up.

11:45-12:30 ACTIVE LUNCH/TRX and TRX Plus (10 max participants)

4-8PM Private/ Semi Private/ and Small Group Training Sessions available

WEDNESDAY

5am -TRX and TRX Plus (10 max participants)

6am-Womens Functional Strength Training (6 people) must be current client to sign up.

8:30- Womens Functional Strength Training (6 people) must be current client to sign up.

8:45 - Womens Functional Strength Training (6 people) must be current client to sign up.

10:15 – CORE FIT 1, 2,3 (6 participants)

2:45-4PM Men's Intermediate/ advanced Functional Strength Training (6 people)

4:15PM Athlete Development (Multiple ages call for availability)

6:30PM- Mens Functional Strength Training (6 people)

THURSDAY

5:30-7:00AM Men's Intermediate/ advanced Functional Strength Training (6 people)

9:00AM Women's Functional Strength Training (6 people)

11:45-12:30 ACTIVE LUNCH/TRX and TRX Plus (10 max participants)

4-8PM Private/ Semi Private/ and Small Group Training Sessions available

Friday

5am -TRX and TRX Plus (10 max participants)

6am-Womens Functional Strength Training (6 people)

6:30-7:45AM Men's Intermediate/ advanced Functional Strength Training (6-8 people currently Full)

8:45- Womens Functional Strength Training (6 people)

9am - Womens Functional Strength Training (6 people)

10:15 – CORE FIT 1, 2,3 (6 participants)

2:45-4PM Men's Intermediate/ advanced Functional Strength Training (6 people)

4:15PM Athlete Development (12-14yr olds)

Saturday

7:45AM **CORE FIT 1,2,3**

9:00AM FREE TRX AND TRX PLUS STRENGTH SESSION(Beginner/ Intermediate) (10 Participants)

All group sessions are 1hr unless noted otherwise. It is very important to be on time as our sessions follow a specific order to obtain results and reduce the potential for injuries. If you are late you will most likely miss part of the workout. It will be up to you to make it up with-out causing interference to the group. We require at least 3 hours notice to cancel **GROUP TRAINING SESSIONS** with-out either forfeiting the session or being charged for the session. *5 &6 am group training sessions must be cancelled at least 12 hours in advance to avoid being charged.