



The Training Toole

August 2018 Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:00am LGF Lauren 8:00am SGPT Amber	2 6:00am LGF Lauren 4:30pm Yoga Amber	3 6:45am SGPT Amber 9:00am SGPT Lauren	4 7:00am Run Club Heather 7:45am SGPT Michele
5	6 7:00am SGPT Amber 8:00am SGPT Lauren 4:30pm SGPT Amber	7 6:00am LGF Lauren 5:30pm SGPT Lauren	8 6:00am LGF Lauren 8:00am SGPT Amber	9 6:00am LGF Lauren 4:30pm Yoga Amber	10 6:45am SGPT Amber 9:00am SGPT Lauren	11 7:00am Run Club Heather 7:45am SGPT Michele
12	13 7:00am SGPT Amber 8:00am SGPT Lauren 4:30pm SGPT Amber	14 6:00am LGF Lauren 5:30pm SGPT Lauren	15 6:00am LGF Lauren 8:00am SGPT Amber	16 6:00am LGF Lauren 4:30pm Yoga Amber	17 6:45am SGPT Amber 9:00am SGPT Lauren	18 7:00am Run Club Heather 7:45am SGPT Michele

Contact Amber with any questions at 352-208-3363 or sign up for a class at thetrainingtoole.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	<p>20</p> <p>5:00am LGF Heather</p> <p>7:00am SGPT Amber</p> <p>8:00am SGPT Lauren</p> <p>4:30pm SGPT Amber</p> <p>5:30pm LGF Heather</p>	<p>21</p> <p>5:00am D3 Amber</p> <p>6:00am LGF Lauren</p> <p>5:30pm SGPT Lauren</p>	<p>22</p> <p>5:00am LGF Heather</p> <p>6:00am LGF Lauren</p> <p>8:00am SGPT Amber</p>	<p>23</p> <p>6:00am LGF Lauren</p> <p>4:30pm Yoga Amber</p> <p>5:45pm D3 Amber</p>	<p>24</p> <p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>9:00am SGPT Lauren</p>	<p>25</p> <p>7:00am Run Club Heather</p> <p>7:45am SGPT Michele</p> <p>8:45am D3 Amber</p> <p>9:15am D3 Success Meeting Amber</p> <p>9:30am Foam Rolling Workshop Heather</p>
26	<p>27</p> <p>5:00am LGF Heather</p> <p>7:00am SGPT Amber</p> <p>8:00am SGPT Lauren</p> <p>4:30pm SGPT Amber</p> <p>5:30pm LGF Heather</p>	<p>28</p> <p>5:00am D3 Amber</p> <p>6:00am LGF Lauren</p> <p>5:30pm SGPT Lauren</p>	<p>29</p> <p>5:00am LGF Heather</p> <p>6:00am LGF Lauren</p> <p>8:00am SGPT Amber</p>	<p>30</p> <p>6:00am LGF Lauren</p> <p>4:30pm Yoga Amber</p> <p>5:45pm D3 Amber</p>	<p>31</p> <p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>9:00am SGPT Lauren</p>	

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SUPERior Running Club: All levels are welcome! Come run, jog, or walk with us. The club is free to join and there are incentives for attendance. Meet at Jervey Gantt Volleyball courts!

SGPT: Small Group Personal Training is limited to a max of 6 people. Workouts are created according to participants goals and with the plan to help you increase your mobility, strength, core and conditioning. Contact Amber to reserve your spot!

Yoga: This class is an hour long class of basic yoga poses. You will be taught the poses of the day, then they will be linked together in a flow with your breath. Class ends with total relaxation.

LGF: Large Group fitness is a program designed for larger groups, it will help you get in great shape and allows for a fun atmosphere filled with encouragement. All ages are welcome, we have students to late 70s in these classes!

D3: Drop Double Digits Program. If you are looking to lose significant weight, these classes are designed just for you.

PLEASE NOTE: All instructors are subject to change without notification.

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