



# 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](http://thetrainingtoole.com)

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

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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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