



The Training Toole

July 2018 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7:00am SGPT 8:00am SGPT 4:30pm SGPT	3 5:30pm SGPT	4 Fourth of July Studio Closed	5 No Classes	6 No Classes	7 7:00am Run Club (Jervey Gantt VB Court) 7:45am SGPT
8	9 7:00am SGPT 8:00am SGPT 4:30pm SGPT	10 6:00am Summer Sweat Out 5:30pm SGPT	11 8:00am SGPT	12 6:00am Summer Sweat Out 4:30pm Yoga	13 6:45am SGPT 9:00am SGPT	14 7:00am Run Club (Jervey Gantt VB Court) 7:45am SGPT
15	16 7:00am SGPT 8:00am SGPT 4:30pm SGPT	17 6:00am Summer Sweat Out 5:30pm SGPT	18 8:00am SGPT	19 6:00am Summer Sweat Out 4:30pm Yoga	20 6:45am SGPT 9:00am SGPT	21 7:00am Run Club (Jervey Gantt VB Court) 7:45am SGPT 9:00am Foam Rolling Workshop

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
	7:00am SGPT 8:00am SGPT 4:30pm SGPT	6:00am Summer Sweat Out 5:30pm SGPT	8:00am SGPT	6:00am Summer Sweat Out 4:30pm Yoga	6:45am SGPT 9:00am SGPT	7:00am Run Club (Jervey Gantt VB Court) 7:45am SGPT
29	30	31				
	7:00am SGPT 8:00am SGPT 4:30pm SGPT	6:00am Summer Sweat Out 5:30pm SGPT				

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.

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.

Summer Sweat Out: This is a twice a week fitness program to help you get in great shape and keep moving despite the summer heat!

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