



# The Training Toole

## June 2018 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6:45am SGPT 9:00am SGPT	2 7:00am Run Club (Jervey Gantt VB Court) 8:00am SGPT 8:00am Fit Camp Evaluation
3	4 6:00am Fit Camp 7:00am SGPT 8:00am SGPT 4:30pm SGPT	5 6:00am Fit Camp 5:30pm SGPT	6 6:00am Fit Camp 6:00am Run Club (Studio) 8:00am SGPT	7 6:00am Fit Camp 4:30pm Yoga 6:30pm SGPT	8 6:45am SGPT 9:00am SGPT	9 7:00am Run Club (Jervey Gantt VB Court) 8:00am SGPT
10	11 6:00am Fit Camp 7:00am SGPT 8:00am SGPT 4:30pm SGPT	12 6:00am Fit Camp 5:30pm SGPT	13 6:00am Fit Camp 6:00am Run Club (Studio) 8:00am SGPT	14 6:00am Fit Camp 4:30pm Yoga 6:30pm SGPT	15 6:45am SGPT 9:00am SGPT 5:30pm Male Only Yoga	16 7:00am Run Club (Jervey Gantt VB Court) 8:00am SGPT

Contact Amber with any questions at 352-208-3363 or sign up for a class at [thetrainingtoole.com](http://thetrainingtoole.com)

# June 2018 Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18 6:00am Fit Camp 7:00am SGPT 8:00am SGPT 4:30pm SGPT	19 6:00am Fit Camp 5:30pm SGPT	20 6:00am Fit Camp 6:00am Run Club (Studio) 8:00am SGPT	21 6:00am Fit Camp 4:30pm Yoga 6:30pm SGPT	22 6:45am SGPT 9:00am SGPT 5:30pm Dance Party @ Studio	23 7:00am Run Club (Jervey Gantt VB Court) 8:00am SGPT
24	25 6:00am Fit Camp 7:00am SGPT 8:00am SGPT 4:30pm SGPT	26 6:00am Fit Camp 5:30pm SGPT	27 6:00am Fit Camp 6:00am Run Club (Studio) 8:00am SGPT	28 6:00am Fit Camp 4:30pm Yoga 6:30pm SGPT	29 6:45am SGPT 9:00am SGPT	30 7:00am Run Club (Jervey Gantt VB Court) 8:00am 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.

**FIT Camp:** This is a 4 Week Summer Fitness program to help you get in great shape.

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