



The Training Toole

May 2018 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2 6:00am Run Club 8:00am SGPT	3 4:30pm Yoga 6:30pm SGPT	4 6:45am SGPT 9:00am SGPT	5 8:00am SGPT
6	7 7:00am SGPT 8:00am SGPT 4:30pm SGPT	8 5:30pm SGPT	9 6:00am Run Club 8:00am SGPT	10 4:30pm Yoga 6:30pm SGPT	11 6:45am SGPT 9:00am SGPT	12 8:00am SGPT
13 5:30pm Run Club (Baseline Trailhead)	14 7:00am SGPT 8:00am SGPT 4:30pm SGPT	15 5:30pm SGPT	16 6:00am Run Club 8:00am SGPT	17 4:30pm Yoga 6:30pm SGPT	18 6:45am SGPT 9:00am SGPT	19 8:00am SGPT 5:00pm Cooking with Real Food

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
20 5:30pm Run Club (Baseline Trailhead)	21 7:00am SGPT 8:00am SGPT 4:30pm SGPT	22 5:30pm SGPT	23 6:00am Run Club 8:00am SGPT	24 4:30pm Yoga 6:30pm SGPT	25 6:45am SGPT 9:00am SGPT	26 8:00am SGPT
27 5:30pm Run Club (Baseline Trailhead)	28 Memorial Day	29 5:30pm SGPT	30 6:00am Run Club 8:00am SGPT	31 4:30pm Yoga 6:30pm SGPT	1 6:45am SGPT 9:00am SGPT	2 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.

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