



The Training Toole

January 2019 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	1 No Classes	2 5:00am LGF Heather 6:00am Kickboxing LGF Jessica 6:45am SGPT Heather 8:00am SGPT LeeAnne 9:00am SGPT LeeAnne 5:30pm Kickboxing LGF Jessica	3 5:00am LGF Heather 6:00am LGF Heather 4:30pm Yoga Cindy 6:00pm Yoga Jessica	4 5:00am LGF Heather 6:45am SGPT Amber	5 7:00am Run Club Heather 7:45am LGF Michele
6	7 5:00am LGF Heather 6:45am SGPT Amber 8:00am SGPT LeeAnne 9:00am SGPT LeeAnne 4:30pm SGPT Amber 5:30pm LGF Cindy	8 5:00am LGF Heather 6:00am LGF Heather 9:00am Yoga Jessica 1:00pm Chair Fit LGF Jessica	9 5:00am LGF Heather 6:00am Kickboxing LGF Jessica 6:45am SGPT Heather 8:00am SGPT LeeAnne 9:00am SGPT LeeAnne 5:30pm Kickboxing LGF Jessica	10 5:00am LGF Heather 6:00am LGF Heather 4:30pm Yoga Amber 6:00 Smudge Workshop 7:15pm Yoga Jessica	11 5:00am LGF Heather 6:45am SGPT Amber	12 7:00am Run Club Heather 7:45am LGF Michele

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
13	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>8:00am SGPT LeeAnne</p> <p>9:00am SGPT LeeAnne</p> <p>4:30pm SGPT Amber</p> <p>5:30pm LGF Cindy</p>	14	<p>5:00am LGF Heather</p> <p>6:00am LGF Heather</p> <p>9:00am Yoga Jessica</p> <p>1:00pm Chair Fit LGF Jessica</p> <p>6:00pm Nutrition Workshop</p>	15	<p>5:00am LGF Heather</p> <p>6:00am Kickboxing LGF Jessica</p> <p>6:45am SGPT Heather</p> <p>8:00am SGPT LeeAnne</p> <p>9:00am SGPT LeeAnne</p> <p>5:30pm Kickboxing LGF Jessica</p>	16	<p>5:00am LGF Heather</p> <p>6:00am LGF Heather</p> <p>4:30pm Yoga Amber</p> <p>6:00pm Yoga Jessica</p>	17	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	18	<p>7:00am Run Club Heather</p> <p>7:45am LGF Michele</p>	19
20	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>8:00am SGPT LeeAnne</p> <p>9:00am SGPT LeeAnne</p> <p>4:30pm SGPT Amber</p> <p>5:30pm LGF Cindy</p>	21	<p>5:00am LGF Heather</p> <p>6:00am LGF Heather</p> <p>9:00am Yoga Jessica</p> <p>1:00pm Chair Fit LGF Jessica</p>	22	<p>5:00am LGF Heather</p> <p>6:00am Kickboxing LGF Jessica</p> <p>6:45am SGPT Heather</p> <p>8:00am SGPT LeeAnne</p> <p>9:00am SGPT LeeAnne</p> <p>5:30pm Kickboxing LGF Jessica</p>	23	<p>5:00am LGF Heather</p> <p>6:00am LGF Heather</p> <p>4:30pm Yoga Amber</p> <p>6:00pm Yoga Jessica</p>	24	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>6:00pm 6W2F Success Meeting</p>	25	<p>7:00am Run Club Heather</p> <p>7:45am LGF Michele</p>	26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	27	28	29	30	31	
	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>8:00am SGPT LeeAnne</p> <p>9:00am SGPT LeeAnne</p> <p>4:30pm SGPT Amber</p> <p>5:30pm LGF Cindy</p>	<p>5:00am LGF Heather</p> <p>6:00am LGF Heather</p> <p>9:00am Yoga Jessica</p> <p>1:00pm Chair Fit LGF Jessica</p>	<p>5:00am LGF Heather</p> <p>6:00am Kickboxing LGF Jessica</p> <p>6:45am SGPT Heather</p> <p>8:00am SGPT LeeAnne</p> <p>9:00am SGPT LeeAnne</p> <p>5:30pm Kickboxing LGF Jessica</p>	<p>5:00am LGF Heather</p> <p>6:00am LGF Heather</p> <p>4:30pm Yoga Amber</p> <p>6:00pm Yoga Jessica</p>		

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 8 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!

Kickboxing: Large Group class that incorporates hitting and kicking mitts and pads.

Chair Fit: This class will take movements from your everyday life and incorporate them into a fun fitness routine that will help you get stronger, more balanced and ready for your day! Keep your heart strong and your body mobile with strength, stretch and cardio. The support of the chair helps to make movements more accessible.

6W2F: Special 6 week Program designed to help you create healthy lifestyle habits. This Program includes Success Manual, Recipe Manual, Weekly Meal Plans with shopping lists, weekly Success Meetings and unlimited access to our Large Group Classes.

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