



# The Training Toole

## April 2019 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	1 5:00am LGF Heather 6:45am SGPT Amber 8:30am SGPT LeeAnne  4:30pm SGPT Amber	2 5:00am LGF Heather 6:00am LGF Heather	3 5:00am LGF Heather 6:45am SGPT Heather 8:30am SGPT LeeAnne  5:30pm TRX Strength LGF Amber	4 5:00am LGF Heather 6:00am LGF Heather  5:30pm Yoga Amber	5 5:00am LGF Heather  6:45am SGPT Amber	6 7:45am LGF Cindy
7	8 5:00am LGF Heather 6:45am SGPT Amber 8:30am SGPT LeeAnne  4:30pm SGPT Amber	9 5:00am LGF Heather 6:00am LGF Heather	10 5:00am LGF Heather 6:45am SGPT Heather 8:30am SGPT LeeAnne  5:30pm TRX Strength LGF Amber	11 5:00am LGF Heather 6:00am LGF Heather  5:30pm Yoga Amber	12 Studio closed for Conference!	13 Studio closed for Conference!

14	15	16	17	18	19	20
5:00am LGF Heather 6:45am SGPT Amber 8:30am SGPT LeeAnne  4:30pm SGPT Amber	5:00am LGF Heather 6:00am LGF Heather	5:00am LGF Heather 6:45am SGPT Heather 8:30am SGPT LeeAnne  5:30pm TRX Strength LGF Amber	5:00am LGF Heather 6:00am LGF Heather  5:30pm Yoga Amber	5:00am LGF Heather 6:45am SGPT Amber	7:45am LGF Cindy	
21	22	23	24	25	26	27
5:00am LGF Heather 6:45am SGPT Amber 8:30am SGPT LeeAnne  4:30pm SGPT Amber	5:00am LGF Heather 6:00am LGF Heather	5:00am LGF Heather 6:45am SGPT Heather 8:30am SGPT LeeAnne  5:30pm TRX Strength LGF Amber	5:00am LGF Heather 6:00am LGF Heather  5:30pm Yoga Amber	5:00am LGF Heather 6:45am SGPT Amber	7:45am LGF Heather	
28	29	30				
5:00am LGF Heather 6:45am SGPT Amber 8:30am SGPT LeeAnne  4:30pm SGPT Amber	5:00am LGF Heather 6:00am LGF Heather					

**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!

**TRX Strength:** This class will push you to new levels of strength using the TRX Suspension system in conjunction with Kettlebells, Dumbbells, and bars.

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