



The Training Toole

June 2019 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP Amber</p> <p>6:45am SGPT Cindy</p> <p>8:30am SGPT Cindy</p> <p>4:30pm SGPT Amber</p>	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p>	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP Amber</p> <p>6:45am SGPT Heather</p> <p>8:30am SGPT Cindy</p> <p>5:30pm TRX Strength LGF Amber</p>	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>5:30pm Yoga Amber</p>	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	
9	10	11	12	13	14	15
	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP Amber</p> <p>6:45am SGPT Cindy</p> <p>8:30am SGPT Cindy</p> <p>4:30pm SGPT Amber</p>	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p>	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP Amber</p> <p>6:45am SGPT Heather</p> <p>8:30am SGPT Cindy</p> <p>5:30pm TRX Strength LGF Amber</p>	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>5:30pm Yoga Amber</p>	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	

16	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>6:45am SGPT Amber</p> <p>8:30am SGPT Cindy</p> <p>4:30pm SGPT Amber</p>	17	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p>	18	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>6:45am SGPT Heather</p> <p>8:30am SGPT Cindy</p> <p>5:30pm TRX Strength LGF Amber</p>	19	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>6:45am SGPT Heather</p> <p>8:30am SGPT Cindy</p> <p>5:30pm TRX Strength LGF Amber</p>	20	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>5:30pm Yoga Amber</p>	21	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	22
23	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>6:45am SGPT Amber</p> <p>8:30am SGPT Cindy</p> <p>4:30pm SGPT Amber</p>	24	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p>	25	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>6:45am SGPT Heather</p> <p>8:30am SGPT Cindy</p> <p>5:30pm TRX Strength LGF Amber</p>	26	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>6:45am SGPT Heather</p> <p>8:30am SGPT Cindy</p> <p>5:30pm TRX Strength LGF Amber</p>	27	<p>5:00am LGF Heather</p> <p>6:00am FIT CAMP</p> <p>5:30pm Yoga Amber</p>	28	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	29

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!

Fit Camp: Special summer only program lasting for 4 weeks. Participants get a variety of workouts including strength, cardio, games, and circuits. You'll have so much fun, you'll forget you are working out!

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.