



# The Training Toole

## May 2019 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1	2	3	4	
			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 LeeAnne	
5	5:00am LGF Heather 6:45am SGPT Amber 8:30am SGPT LeeAnne  4:30pm SGPT Amber	6	7	8	9	10	11
		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	

12	13	14	15	16	17	18
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  9:00am Mama-ste Yoga and Massage	
19	20	21	22	23	24	25
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	<b>Studio Closed</b>	
26	27	28	29	30	31	
<b>Memorial Day - Studio  Closed</b>	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		

**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.**