



The Training Toole

September 2019 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Closed for Labor Day!	3 6:00am LGF Heather	4 5:00am LGF Heather 6:45am SGPT Heather 5:30pm TRX Strength LGF Amber	5 6:00am LGF Heather 5:30pm Yoga Amber 6:45pm LBD Meeting	6 5:00am LGF Heather 6:45am SGPT Amber	7 6:30am Run Club Heather JERVEY 7:45am LGF
8	9 5:00am LGF Heather 6:45am SGPT Amber 4:30pm SGPT Amber 6:00pm HIIT LGF Heather	10 6:00am LGF Heather	11 5:00am LGF Heather 6:45am SGPT Heather 5:30pm TRX Strength LGF Amber	12 6:00am LGF Heather 5:30pm Yoga Amber	13 5:00am LGF Heather 6:45am SGPT Amber	14 6:30am Run Club Heather JERVEY 7:45am LGF

15	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>4:30pm SGPT Amber</p> <p>6:00pm HIIT LGF Heather</p>	16	<p>6:00am LGF Heather</p>	17	<p>5:00am LGF Heather</p> <p>6:45am SGPT Heather</p> <p>5:30pm TRX Strength LGF Amber</p>	18	<p>6:00am LGF Heather</p> <p>5:30pm Yoga Amber</p>	19	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	20	<p>6:30am Run Club Heather JERVEY</p> <p>7:45am LGF</p> <p>1:00 Pelvic Floor Workshop with Kelly Tusha</p>	21
22	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>4:30pm SGPT Amber</p> <p>6:00pm HIIT LGF Heather</p>	23	<p>6:00am LGF Heather</p>	24	<p>5:00am LGF Heather</p> <p>6:45am SGPT Heather</p> <p>5:30pm TRX Strength LGF Amber</p>	25	<p>6:00am LGF Heather</p> <p>5:30pm Yoga Amber</p>	26	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	27	<p>6:30am Run Club Heather JERVEY</p> <p>7:45am LGF</p>	28
29	<p>5:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>4:30pm SGPT Amber</p> <p>6:00pm HIIT LGF Heather</p>	30	<p>6:00am LGF Heather</p>	31								

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.

HIIT: High Intensity Interval Training is a 30 minute class designed to help you burn more fat and increase your endurance.

Run Club: Walk, run or crawl, we support you all! Our FREE Run Club meets to work on improving cardiovascular health. No matter your pace, we have someone who will partner with you to reach your goals. All levels and paces welcome.

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