



# The Training Toole

## February 2020 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 <b>5:00am LGF</b> Heather <b>6:00am HIIT</b> Heather  <b>6:45am SGPT</b> Amber  <b>4:30pm SGPT</b> Heather <b>6:00pm HIIT</b> Heather	4 <b>5:00am HIIT</b> Heather <b>6:00am LGF</b> Heather   <b>6:00pm LGF</b> Heather	5 <b>5:00am LGF</b> Heather  <b>6:45am SGPT</b> Heather  <b>12:00pm HIIT</b> Cindy R.  <b>6:00pm LGF</b> Heather	6 <b>5:00am HIIT</b> Heather <b>6:00am LGF</b> Heather   <b>5:30pm Yoga</b> Amber	7 <b>5:00am LGF</b> Heather <b>6:00am HIIT</b> Heather <b>6:45am SGPT</b> Amber   <b>6:00pm HIIT</b> Heather	8 <b>NO Run Club</b>   <b>7:45am LGF</b> Amber
9	10 <b>5:00am LGF</b> Heather <b>6:45am SGPT</b> Amber  <b>4:30pm SGPT</b> Heather  <b>6:00pm HIIT</b> Heather	11 <b>6:00am LGF</b> Heather   <b>6:00pm Recovery and Mobility</b> Heather	12 <b>5:00am LGF</b> Heather <b>6:45am SGPT</b> Heather  <b>12:00pm LGF</b> Cindy R.  <b>6:00pm LGF</b> Heather	13 <b>6:00am LGF</b> Heather   <b>5:30pm Yoga</b> Amber	14 <b>5:00am LGF</b> Heather <b>6:00am HIIT</b> Heather <b>6:45am SGPT</b> Amber	15 <b>6:30am Run Club</b> Heather  <b>7:45am LGF</b> Cindy R.

16	<p><b>5:00am LGF</b> Heather</p> <p><b>6:45am SGPT</b> Amber</p> <p><b>4:30pm SGPT</b> Heather</p> <p><b>6:00pm HIIT</b> Heather</p>	17	<p><b>6:00am LGF</b> Heather</p> <p><b>6:00pm Recovery and Mobility</b> Heather</p>	18	<p><b>5:00am LGF</b> Heather</p> <p><b>6:45am SGPT</b> Heather</p> <p><b>12:00pm LGF</b> Cindy R.</p> <p><b>6:00pm LGF</b> Heather</p>	19	<p><b>6:00am LGF</b> Heather</p> <p><b>5:30pm Hips * Love * Yoga Special Event</b> Amber</p>	20	<p><b>5:00am LGF</b> Heather</p> <p><b>6:00am HIIT</b> Heather</p> <p><b>6:45am SGPT</b> Amber</p>	21	<p><b>6:30am Run Club</b> Heather</p> <p><b>7:45am LGF</b> Amber</p>	22
23	<p><b>5:00am LGF</b> Heather</p> <p><b>6:45am SGPT</b> Amber</p> <p><b>4:30pm SGPT</b> Heather</p> <p><b>6:00pm HIIT</b> Heather</p>	24	<p><b>6:00am LGF</b> Heather</p> <p><b>6:00pm Recovery and Mobility</b> Heather</p>	25	<p><b>5:00am LGF</b> Heather</p> <p><b>6:45am SGPT</b> Heather</p> <p><b>12:00pm LGF</b> Cindy R.</p> <p><b>6:00pm LGF</b> Heather</p>	26	<p><b>6:00am LGF</b> Heather</p> <p><b>5:30pm Yoga</b> Amber</p>	27	<p><b>5:00am LGF</b> Heather</p> <p><b>6:00am HIIT</b> Heather</p> <p><b>6:45am SGPT</b> Amber</p>	28	<p><b>NO Run Club</b></p> <p><b>7:45am LGF</b> Cindy R.</p> <p><b>Pelvic Floor Workshop</b></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!

**HIIT:** High Intensity Interval Training! These classes are 30 minutes long and we get your heart rate up for some awesome cardio! You will alternate between a high intensity exercise and a rest period throughout the class. These classes rev up your metabolism and keep you burning long after the 30 minutes is over. This is an LGF class.

**Recovery and Mobility:** This LGF class is designed to keep your joints mobile, reduce pain in your body and keep you moving fluidly and well. Give your muscles and body the love they deserve with Recovery work that complements all your hard work!

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