



# The Training Toole

## July 2022 Studio Schedule Ocala

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> -5:50am LGF Becky -6:45am GPT Becky -8:00am LGF Becky -8:45am Yoga Jen	<b>2</b>
<b>3</b>	<b>4</b> Closed for July 4th!	<b>5</b> -6:00am LGF Becky -6:45am Mobility/Flexibility Jen -8:00am LGF Becky  -5:30pm Abs and Booty Becky	<b>6</b> -6:00am HIIT Heather -6:45am GPT Heather -8:00am LGF Amber -5:30pm LGF Heather -6:15pm Mobility/ Flexibility Heather	<b>7</b> -5:15am TRIAL GPT Heather -6:00am LGF Heather -6:45am Mobility/Flexibility Jen -8:00am LGF Heather -5:30pm Yoga Jen	<b>8</b> -5:50am LGF Heather -6:45am GPT Amber -8:00am LGF DeNaya -8:45am Yoga DeNaya	<b>9</b> -7:00am Run Heather
<b>10</b>	<b>11</b> -5:50am LGF Heather -6:45am GPT Amber -8:00am LGF DeNaya -5:30pm LGF Heather	<b>12</b> -6:00am LGF Heather -6:45am Mobility/Flexibility Becky -8:00am LGF Heather  -5:30pm Abs and Booty Julie	<b>13</b> -6:00am HIIT Heather -6:45am GPT Heather -8:00am LGF Amber -5:30pm LGF Heather -6:15pm Mobility/ Flexibility Heather	<b>14</b> -6:00am LGF Heather -6:45am TRIAL GPT Heather -8:00am LGF Heather -5:30pm Yoga Amber	<b>15</b> -5:50am LGF Heather -6:45am GPT Amber -8:00am LGF DeNaya -8:45am Yoga DeNaya	<b>16</b> -7:00am Run Heather

17	18 -5:50am LGF Heather -6:45am GPT Amber -8:00am LGF DeNaya -5:30pm LGF Heather  6:45pm TRIAL GPT Amber	19 -6:00am LGF Heather -6:45am Mobility/Flexibility Jen -8:00am LGF Heather  -5:30pm Abs and Booty Amber	20 -6:00am HIIT Heather -6:45am GPT Heather -8:00am LGF Amber -5:30pm LGF Heather -6:15pm Mobility/ Flexibility Heather	21 -6:00am LGF Heather -6:45am Mobility/Flexibility Jen -8:00am LGF Heather -5:30pm Yoga Jen	22 -5:50am LGF Heather -6:45am GPT Amber -8:00am LGF DeNaya -8:45am Yoga DeNaya	23 -7:00am Run Heather  8:00am TRIAL GPT Amber
24	25 -5:50am LGF Heather -6:45am GPT Amber -8:00am LGF DeNaya -5:30pm LGF Heather	26 -6:00am LGF Heather -6:45am Mobility/Flexibility Jen -8:00am TRIAL GPT Heather  -5:30pm Abs and Booty Julie	27 -6:00am HIIT Heather -6:45am GPT Heather -8:00am LGF Amber -5:30pm LGF Heather -6:15pm Mobility/ Flexibility Heather	28 -6:00am LGF Heather -6:45am Mobility/Flexibility Jen -8:00am LGF Heather -5:30pm Yoga Jen	29 -5:50am LGF Heather -6:45am GPT Amber -8:00am LGF DeNaya -8:45am Yoga DeNaya	30 -7:00am Run Heather
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**Class Descriptions:**

**LGF** - Large Group Fitness; Strength Training with added balance, core and pelvic floor exercises, some cardio and mobility work. Each class has a different focus so that you can take classes each day and not overtrain your body. Some options are available and encouraged for those with injuries or restrictions. 40 - 45 minutes

**HIIT** - High Intensity Interval Training; This 30 minute class alternates your heart rate between high and low to help you get the best fat burning session for your time.

**GPT** - Group Personal Training; this class is currently full.

**Mobility/Flexibility** - Stretching, foam rolling and mobility exercises designed to help you eliminate pain, move better and recover from your workouts. This class is 30 minutes.

**Abs and Booty** - 30 minute workout that's all about the core and glutes! Strengthening your core and glutes can alleviate back pain, as well as make your entire body stronger.

**Yoga** - Our Yoga classes are gentle and encourage you to find movement that is right for your body. You'll experience a deeper level of calmness through breathing techniques and poses that help you feel more open and relaxed.