



The Training Toole

November 2024 Studio Schedule
Ocala

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <p>-5:45am LGF Heather</p> <p>-6:45am GPT Amber</p> <p>-8:00am LGF Becky</p> <p>-8:45am Mobility/Flexibility Becky</p>	<p>2</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p>
<p>3</p>	<p>4</p> <p>-5:45am LGF Heather</p> <p>-6:45am GPT Amanda</p> <p>-8:00am LGF Becky</p> <p> </p> <p>-5:30pm LGF Heather</p>	<p>5</p> <p>-5:45am LGF Heather</p> <p>-7:00am Mobility/Flexibility Jen</p> <p>-8:00am LGF Heather</p> <p> </p> <p>-5:30pm Boxing DeAnna</p>	<p>6</p> <p>-5:45am LGF Heather</p> <p>-6:45am GPT Heather</p> <p>-8:00am LGF DeAnna</p> <p> </p> <p>-5:30pm LGF Kelsy</p> <p>-6:30pm GPT Kelsy</p>	<p>7</p> <p>-5:45am LGF Heather</p> <p>-7:00am Mobility/Flexibility Jen</p> <p>-8:00am LGF Heather</p> <p> </p> <p>-5:30pm Yoga Jen</p>	<p>8</p> <p>-5:45am LGF Heather</p> <p>-6:45am GPT Amber</p> <p>-8:00am LGF Becky</p> <p>-8:45am Mobility/Flexibility Becky</p>	<p>9</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p>

<p>10</p>	<p>11</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>12</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>13</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Kelsy -6:30pm GPT Kelsy</p>	<p>14</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>15</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>16</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p> <p>10:15 Sleep Workshop Heather</p>
<p>17</p>	<p>18</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>19</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>20</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Kelsy -6:30pm GPT Kelsy</p>	<p>21</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>22</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>23</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p>
<p>24</p>	<p>25</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>26</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>27</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Kelsy -6:30pm GPT Kelsy</p>	<p>28</p> <p>Studio Closed</p> <p>HAPPY THANKSGIVING!</p>	<p>29</p> <p>Studio Closed</p>	<p>30</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p>

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; Accelerate your results with customized workouts designed for the smaller group and more hands on coaching from our Trainers.

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.

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.

Boxing- Learn punching combinations, kicking skills, and practice on mitts. You'll also get some strength training, core work, and conditioning as part of the class.