



# The Training Toole

## December 2018 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>7:00am Run Club Heather</p> <p>7:45am LGF Michele</p>
2	<p>3</p> <p>5:00am LGF Heather</p> <p>6:45am SGPT Heather</p> <p>8:00am SGPT LeeAnne</p> <p>9:00am SGPT LeeAnne</p> <p>4:30pm SGPT Cindy</p> <p>5:30pm LGF Cindy</p>	<p>4</p> <p>5:00am LGF Heather</p> <p>6:00am LGF Heather</p> <p>9:00am Yoga Jessica</p>	<p>5</p> <p>5:00am LGF Heather</p> <p>6:45am SGPT Heather</p> <p>8:00am SGPT LeeAnne</p> <p>9:00am SGPT LeeAnne</p> <p>5:30pm Kickboxing LGF Jessica</p>	<p>6</p> <p>5:00am LGF Heather</p> <p>6:00am LGF Heather</p> <p>4:30pm Yoga Cindy</p> <p>6:00pm Yoga Jessica</p>	<p>7</p> <p>5:00am LGF Heather</p> <p>6:45am SGPT Heather</p>	<p>8</p> <p>7:00am Run Club Heather</p> <p>7:45am LGF Michele</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
9	5:00am LGF Heather 6:45am SGPT Amber 8:00am SGPT LeeAnne 9:00am SGPT LeeAnne 4:30pm SGPT Amber 5:30pm LGF Cindy	10	5:00am LGF Heather 6:00am LGF Heather 9:00am Yoga Jessica	11	5:00am LGF Heather 6:45am SGPT Heather 8:00am SGPT LeeAnne 9:00am SGPT LeeAnne 5:30pm Kickboxing LGF Jessica	12	5:00am LGF Heather 6:00am LGF Heather 4:30pm Yoga Amber 6:00pm Yoga Jessica	13	5:00am LGF Heather 6:45am SGPT Amber	14	7:00am Run Club Heather 7:45am LGF Michele	15
16	5:00am LGF Heather 6:45am SGPT Amber 8:00am SGPT LeeAnne 9:00am SGPT LeeAnne 4:30pm SGPT Amber 5:30pm LGF Cindy	17	5:00am LGF Heather 6:00am LGF Heather 9:00am Yoga Jessica	18	5:00am LGF Heather 6:45am SGPT Heather 8:00am SGPT LeeAnne 9:00am SGPT LeeAnne 5:30pm Kickboxing LGF Jessica	19	5:00am LGF Heather 6:00am LGF Heather 4:30pm Yoga Amber 6:00pm Yoga Jessica	20	5:00am LGF Heather 6:45am SGPT Amber	21	7:00am Run Club Heather 7:45am LGF Michele	22
23	No Classes	24	No Classes	25	8:30am SGPT LeeAnne	26	8:30 LGF Cindy 4:30pm Yoga Cindy 6:00pm LGF Jessica	27	6:45am SGPT Cindy 8:30am LGF Cindy	28	7:00am Run Club Heather 7:45am LGF Michele	29

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	30 No Classes	31				

**SUPERior Running Club:** All levels are welcome! Come run, jog, or walk with us. The club is free to join and there are incentives for attendance. Meet at Jervey Gantt Volleyball courts!

**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!

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