

Wellness Programs

March 2018
PRORGRAM SCHEDULE

TRX Suspension Training

The TRX Suspension Trainer is the original system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of the challenge on each exercise!

Registration Options				Registration Information	
Time	Location	Days	Coach	Monthly Registration Recommended	
8-8:45 am	Studio #3	W	Wendy O.	Member Fee w/ monthly registration	\$12.5/ class
No Class during the month of February August & December				Non-Member Fee w/ month registration	\$17/ class
				Member-Only Single Class Drop-In:	\$18

Pilates Reformer

Pilates uses body weight resistance to promote the balanced development of core strength, flexibility, and body awareness. Key elements include focus on core muscles, breath awareness, and the quality and control of movements to help improve strength, flexibility, balance and coordination for athletics and everyday life.

Registration Options				Registration Information	
Time	Location	Days	Instructor	Monthly Registration Recommended	
6:30-7:30 PM	Pilates Studio	W	Susan P.	Member Fee w/ monthly registration	\$22/ class
7-8 AM	Pilates Studio	W	Susan P.	Non-Member Fee w/ month registration	\$29/ class
6:30- 7:30 AM***	Pilates Studio	Tu	Susan P.	***Master Class: Instrutor Approval Required	

Tweens License to Train

Get your 10-11 year old Tween the proper instruction and orientation to exercise. This program teaches your child to safely and appropriately exercise in our facility!

Group Sessions: \$45		Private Session: \$68	
<i>Held on the 1st Thursday of the Month</i>		Scheduled Directly with Our Tween Coaches	
July & August: 10-11 am	Sept.- June: 5:30- 6:30 pm	Contact: nbosleysmith@thearenaclub.com	

Strength for Survivors

Our 6 week program geared towards survivors and patients in treatment, prior to or recovering from chemotherapy or surgery. We emphasize strength training to replenish muscle mass lost during treatment in both a restorative and preventative manner. The program incorporates upper and lower body exercise with slow, progressive weight lifting twice a week in a small, supportive group of other warriors.

Our goal is to help our survivors regain strength and range of motion and mobility in order to expedite recovery. Participants can expect to strength with efforts to reduce the risk of lymphedema with exercises designed to prevent lymph node blockage.

Registration Options				Registration Information:	
Time	Location	Days	Coach	Member Fee	\$174
11-12 pm	Fitness Floor	Tu/ Th	Erin W.	Non-Member Fee	\$227

Next Session: April 3- May 10, 2018 AND Sept. 5 to Oct. 18, 2018

Team Up!

Team Up and tackle your fitness goals with our Team- inspired fitness challenge! This 6- week program includes:

PRE-ASSESSMENT: A private 30 min consultation with your Personal Trainer to establish baseline metrics and measurements, Goal setting, and Action Plan programming with customized recommendations

PERONAL TRAINING: 4- 30 min scheduled private personal training sessions

SMALL GROUP TRAINING: 6 weeks unlimited access to all Platinum Small Group Training Sessions

POST-ASSESSMENT: follow- up assessment with your Personal Trainer to re-evaluate your baseline metrics and measurements, Goal setting, and Action Plan Action for post- program

PRIZES, Club wide progress tracking/ check-in/ leaderboard , Complimentary weight loss seminar Included!

SESSIONS:	Spring: April 9- May 20	Fall: Sept. 10- Oct. 21
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Private Groups

Do you have a group of friends or family that would like to train together? Studies show that fitness goals are much more attainable when working with a great support system in a group setting. Let us help put together a program specific to your groups needs or join an existing group! Contact Nicole Bosley-Smith to discuss! Nbosleysmith@thearenaclub.com