

UNLIMITED PLATINUM SMALL GROUP TRAINING ACCESS

SCHEDULE EFFECTIVE SEPTEMBER 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 AM	6:00- 6:30 AM	6-7 AM	6:00- 6:30 AM	5:30-6:30 AM	7:15- 7:45 AM	
ORANGE ZONE	TRX CIRCUIT Express	ORANGE ZONE	LesMills GRIT	RISE & GRIND	LesMills SPRINT	
The Orange Zone Coach Q/Sandy	Studio #3 Coach Kim	The Orange Zone Coach Kim	Studio 1 Coach Kim	Sports Factory Turf Coach Kim	Cycle Studio Coach Wendy	
9- 9:30 AM	8:30-9:15 AM	9:15-10:15 AM	8:30-9:15 AM	9- 9:30 AM	8- 8:30 AM	
LesMills GRIT	GTE LEVEL 2	RISE & GRIND	GTE LEVEL 2	LesMills GRIT	LesMills GRIT	
Studio #3 Coach Justine	Meet at Fitness Desk Coach Mark	Sports Factory Turf Coach Kim K.	Meet at Fitness Desk Coach Mark	Studio #3 Coach Justine	Studio #2 Coach Shaunna	
10:30-11:30 AM	8:45-9:15 AM	7:00-8:00 PM	9:30-10:30 AM	9:30-10 AM	8:40- 9:40 AM	
ORANGE ZONE	LesMills SPRINT	ORANGE ZONE	HYDRO POWER	TRX CIRCUIT Express	ORANGE ZONE	
The Orange Zone Coach Q	Cycle Studio Coach Alicia	The Orange Zone Coach Sean	Lap Lane 1 Coach Mark	Studio #3 Coach Wendy	The Orange Zone Coach Wendy	
6:30-7:30 PM	9:30-10:30		7- 7:30 PM	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>EXPERIENCE IMMEDIATE ACCOUNTABILITY, RESULTS, AND FUN IN AN ENERGETIC AND ENCOURAGING ATMOSPHERE!</p> <p>RESERVATIONS ARE REQUIRED! SESSIONS THAT HAVE 0 REGISTRATIONS WITHIN 60 MINUTES OF THE START TIME WILL BE CANCELED!</p> </div>		
ORANGE ZONE	ORANGE ZONE		LesMills GRIT			
The Orange Zone Coach Sandy	The Orange Zone Coach Mark		Studio #1 Coach Erin			
	7- 7:30 PM		7:30-8 PM			
	LesMills GRIT		LesMills SPRINT	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>UNLIMITED ACCESS FOR PLATINUM MEMBERS! DROP IN AVAILABLE FOR ALL ARENA CLUB MEMBERS! SEE DETAILS BELOW!!</p> </div>		
	Studio #2 Coach Erin		Cycle Studio Coach Emily			
	7:15- 8 PM					
	GTE LEVEL 2					
	Meet at Fitness Desk Coach Joe					

Join our Facebook Group: **PLATINUM MEMBERS**



Not a Platinum Member? Join us anyway!

Single Session Drop In's are Available (SPACE PERMITTING): SEE THE FRONT DESK FOR SPACE AVAILABILITY
 MYORANGE ZONE, HYDRO POWER, TRX CIRCUIT, RISE & GRIND DROP IN= \$30/ SESSION - 60 MINUTES
 ASCEND EXPRESS/ LES MILLS GRIT/ LES MILLS SPRINT/ TRX EXPRESS DROP IN= \$ 16/ SESSION - 30 MINUTES
 GTE DROP IN= \$18/ SESSION - 45 MINUTES

Receipt required for class entry!

PLATINUM MEMBERSHIP POLICIES & PROGRAM GUIDE

REGISTRATION POLICY

Online registration / space reservation is **REQUIRED** for class attendance and for PLATINUM members or those who have purchased an approved Drop-In. Registration is available up to 36 hours in advance for PLATINUM Members. You may cancel 1 hour prior to session start time.

SESSIONS THAT HAVE 0 REGISTRATIONS WITHIN 60 MINUTES OF THE START TIME WILL BE CANCELED!

Participants may not begin a session more than 5 min late.

Waitlist: If you are not able to register online due to a full capacity session registration, you can be on standby. For standby, check-in with the program instructor prior to the start time. If a registered member is not present at the start time, then standbys will be allowed to take the spot as a first come, first serve basis.

Three Strikes Policy: If you reserve a space for a session and you are unable to keep your reservation, you must cancel online or by phoning the hospitality desk no later than 1 hour prior to start time. If you are a no-show 3 times within 60 days, you will not be permitted to reserve a session space for 30 days and must attend on a standby basis only during that period.

Session times, coaches & formats are subject to change!

LesMills GRIT

30-min science-based High Intensity Interval Training (HIIT) led by inspirational coaches. Using a barbell, weight plates, or bodyweight exercises, these Strength, Cardio, or Athletic workouts will improve strength, athleticism, and cardio fitness. Develop speed, power, agility, and strength while maximizing calorie burn
Unlimited access for PLATINUM members or space permitting DROP-IN available for \$16

myORANGEzone

Burn between 500-1000 calories in this hour for a guaranteed extended calorie burn up to 36 hours. Reach peak performance while we focus on your Yellow and Red zones-- THE ORANGE ZONE-- while wearing your MyZone Belt (Recommended). Increase strength, endurance, power and lose inches in this effective and proven small group program. Must meet promptly in the ORANGE ZONE.

Unlimited access for PLATINUM members or space permitting DROP-IN available for \$30 - MY ZONE BELT RECOMMENDED

RISE & GRIND

RISE & GRIND with our Sports Performance Coaches at the Sports Factory-- the most elite equipped box in the Harford County area.
The ultimate athletic sports conditioning experience!

Unlimited access for PLATINUM members or space permitting DROP-IN available for \$30

HYDRO POWER

Meet in our lap pool for an athletic based aquatics conditioning course. This session will feature interval- style conditioning both in and out of the pool. Participants can expect to have a low impact yet challenging and dynamic experience with use sports conditioning equipment.

Unlimited access for PLATINUM members or space permitting DROP-IN available for \$30

Group Training Experience: GTE Level 2

The level two program is the next progression from GTE Level 1. This is for intermediate to advanced exercisers. Each intensity- appropriate class will utilize a variety of training methods that will infuse interval and strength training within every single session! This session is a free-style class format that will never repeat itself!

Unlimited access for PLATINUM members or space permitting DROP-IN available for \$18

TRX CIRCUIT

Meet in Studio 3 for a 30-minute TRX conditioning circuit that will incorporate a mix of cardio and strength circuits. The TRX suspension system uses a body weight and leverage to challenge your core while you train in a variation of different ranges and positions. Coaches will incorporate a variety of additional equipment and formats that will complement any fitness level!

Unlimited access for PLATINUM members or space permitting DROP-IN available for (\$16 - Express) (\$30 Full)

LesMills SPRINT

Join our trainers for a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This short, intense style of training pushes your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results and drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. Unlimited access for PLATINUM members or space permitting DROP-IN available for \$16

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