

UNLIMITED PLATINUM SMALL GROUP TRAINING ACCESS

SCHEDULE EFFECTIVE October 29, 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-------------------------------------|-------------------------------------|------------------------------------|-----------------------------|--------------------------------|--------------------------------|
| 6-7 AM | 6:00- 6:30 AM | 6:15-7:15 AM | 5:30- 6:30 AM | 5:30-6:30 AM | 7:30-8 AM | 8-9 AM |
| myORANGEzone | LesMills GRIT Strength | myORANGEzone | myORANGEzone | RISE & GRIND | LesMills GRIT Strength | myORANGEzone |
| The Orange Zone Coach Sandy & Shaunna | Studio 1 Coach Kim | The Orange Zone Coach Kim | The Orange Zone Coach Kim | Sports Factory Coach Kim | Studio #2 Coach Shaunna | The Orange Zone Coach Megan |
| 8-8:45 AM | 8-8:45 AM | 8-8:45 AM | 8-8:45 AM | 9- 9:30 AM | 8:30-9:30 AM | |
| GTE LEVEL 1 | GTE LEVEL 2 | GTE LEVEL 1 | GTE LEVEL 2 | LesMills GRIT Strength | myORANGEzone | |
| Meet at Fitness Desk Coach Trish | Meet at Fitness Desk Coach Mark | Meet at Fitness Desk Coach Trish | Meet at Fitness Desk Coach Mark | Studio #3 Coach Justine | The Orange Zone Coach Wendy | |
| 8:30-9:00 AM | 9-10 AM | 9:15-10:15 AM | 9-10 AM | 9:30-10 AM | | |
| Ascend Express | myORANGEzone | RISE & GRIND | HYDRO POWER | TRX CIRCUIT | | |
| Launch Pad Coach Mark | The Orange Zone Coach Mark | Sports Factory Coach Kim K. | Lap Lane 1 Coach Mark | Studio #3 Coach Wendy | | |
| 9- 9:30 AM | 10-10:45 AM | 10-10:45 AM | 12-12:45 PM | | | |
| LesMills GRIT C/P | GTE LEVEL 1 | GTE LEVEL 2 | GTE LEVEL 2 | | | |
| Studio #3 Coach Justine | Meet at Fitness Desk Coach Trish | Meet at Fitness Desk Coach Trish | Meet at Fitness Desk Coach Mark | | | |
| 10-10:45 AM | 12-12:45 PM | 11-11:45 AM | 7- 7:30 PM | | | |
| GTE LEVEL 2 | GTE LEVEL 2 | GTE LEVEL 1 | LesMills GRIT Strength | | | |
| Meet at Fitness Desk Coach Trish | Meet at Fitness Desk Coach Mark | Meet at Fitness Desk Coach Trish | Studio #1 Coach Erin | | | |
| 10:30-11:30 AM | 7- 7:30 PM | 6-6:45 PM | | | | |
| myORANGEzone | LesMills GRIT C/P | GTE LEVEL 2 | | | | |
| The Orange Zone Coach Q | Studio #2 Coach Erin | Meet at Fitness Desk Coach Joe | | | | |
| 11-11:45 AM | | 6:45- 7:30 PM | | | | |
| GTE LEVEL 1 | | GTE LEVEL 1/ MRT | | | | |
| Meet at Fitness Desk Coach Trish | | Meet at Fitness Desk Coach Rose | | | | |
| 6-6:45 PM | | 7-8 PM | | | | |
| GTE LEVEL 2 | | myORANGEzone | | | | |
| Meet at Fitness Desk Coach Joe | | The Orange Zone Coach Dani | | | | |
| 6:30-7:30 PM | | | | | | |
| myORANGEzone | | | | | | |
| The Orange Zone Coach Sandy | | | | | | |
| 6:45- 7:30 PM | | | | | | |
| GTE LEVEL 1 | | | | | | |
| Meet at Fitness Desk Tim C. | | | | | | |

UNLIMITED ACCESS FOR PLATINUM MEMBERS!
DROP IN AVAILABLE FOR ALL ARENA CLUB MEMBERS!
SEE DETAILS BELOW!!

EXPERIENCE IMMEDIATE ACCOUNTABILITY, RESULTS, AND FUN IN AN ENERGETIC AND ENCOURAGING ATMOSPHERE!

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

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 , RISE & GRIND DROP IN= \$30/ SESSION - 60 MINUTES
ASCEND EXPRESS/ LES MILLS GRIT/ TRX CIRCUIT 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 on 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

Our coaches bring you high intensity, science-based interval training.

This is a 30 minute cardio or plyometric based format OR Strength based format.

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 1

The level one program is for brand new exercisers or those with special conditions. Our trainers will personally scale each session for the beginner- exerciser to acclimate you to our facility and fitness. Each intensity- appropriate session will utilize a variety of training methods that will infuse strength training AND cardiovascular training with every workout. You will learn proper technique and equipment use in a fun and successful environment! 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

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

Ascend Express

Meet on our Launch Pad Trampoline Park for the most fun you will ever have while working out! Bounce with your Coach through a dynamic workout that is low impact with focus on aerobic activity, coordination, balance, mobility and FUN!

ARENA CLUB TRAMPOLINE SOCKS ARE REQUIRED AND ARE SOLD IN THE PRO SHOP FOR \$2.65 WITH TAX!

Unlimited access for

PLATINUM members or space permitting DROP-IN available for \$16

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, RISE & GRIND DROP IN= \$30/ SESSION - 60 MINUTES

ASCEND EXPRESS/ LES MILLS GRIT/ TRX CIRCUIT DROP IN= \$ 16/ SESSION - 30 MINUTES

GTE DROP IN= \$18/ SESSION - 45 MINUTES

Receipt required for class entry!