



# Chesterton - Phase Three - Team Training Schedule

Effective July 5th - August 1st, 2020

**\*\*Pre-Registration required for all sessions\*\***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Functional Training Studio</b>	<b>9:00 am</b> <b>AFTERBURN</b> <i>Amanda</i> <i>Session Capacity: 6</i>	<b>11:15 am</b> <b>FOUNDATIONS</b> <i>Winona</i> <i>Session Capacity: 6</i>	<b>9:00 am</b> <b>INDUSTRIAL STRENGTH</b> <i>Winona</i> <i>Session Capacity: 6</i>	<b>11:15 am</b> <b>FOUNDATIONS</b> <i>Winona</i> <i>Session Capacity: 6</i>	<b>9:00 am</b> <b>AFTERBURN</b> <i>Rotating</i> <i>Session Capacity: 6</i>	<b>9:00 am</b> <b>INDUSTRIAL STRENGTH</b> <i>Rotating</i> <i>Session Capacity: 6</i>
	<b>6:00 pm</b> <b>AFTERBURN</b> <i>Alex</i> <i>Session Capacity: 6</i>	<b>5:00 pm</b> <b>INDUSTRIAL STRENGTH</b> <i>Winona</i> <i>Session Capacity: 6</i>	<b>6:00 pm</b> <b>INDUSTRIAL STRENGTH</b> <i>Alex</i> <i>Session Capacity: 6</i>	<b>5:00 pm</b> <b>AFTERBURN</b> <i>Winona</i> <i>Session Capacity: 6</i>		
					<i>Trainers may vary according to availability</i>	

See back for session descriptions.

**Note:** Team Training Participants have priority over the Functional Training Studio and Equipment.

To guarantee a spot: Team Training Participants **MUST** register for classes at least 24 hours in advance. Participants may register online at [www.MYiCLUBonline.com](http://www.MYiCLUBonline.com), in person at the Service Desk or by calling the Service Desk up to one week in advance at (219) 983-9832 ext. 0. Please arrive at least 5 minutes early to reserve your spot in the session. Walk-ins welcome if capacities allow.

Franciscan Health Fitness Centers reserve the right to alter sessions dependent on attendance.



For Reference Only

# Team Training Session Descriptions

**BARRE:** Combines attribute of Pilates, Dance, and Functional Fitness Training. Utilizing a ballet barre and light weights, challenge your body and mind as you engage your entire body from head to toe. Participants can wear shoes but are encouraged to take them off. Wearing dance (or grippy) socks is recommended to keep your feet from sliding and are available at the Service Desk Pro Shop. (50 mins)

**FOUNDATIONS:** You can't build a great home without a solid foundation. Fitness is similar to your home in that you first need to establish proper movement and a base level of conditioning before beginning to build more advanced layers of fitness. With a challenging, full-body program, Foundations will ensure that you avoid injury, make progress at your pace and begin the path to success. (50 mins)

**AFTERBURN:** Are you ready for something different? Many people strength train with weights while others do cardio or aerobics - somewhere in-between is Afterburn, the ultimate fat loss workout. Not only will you burn up to 1,000 calories an hour, you will continue to burn fat and calories up to 48 hours after your workout is complete. Hence the name... Afterburn! (50 mins)

**INDUSTRIAL STRENGTH:** Want to get stronger, slimmer and more athletic? Industrial Strength is the solution. Working with heavier loads and less reps means more strength without bulk. This program combines old school tools with modern science to provide you with the fastest path to better strength and conditioning. (50 min)

