

Team Training Schedule

Effective October 5, 2025

	Mon	Tue	Wed	Thu	Fri	Sat
7:00AM	STRENGTH Eric					
7:30AM						
8:00AM		STRENGTH Carensa			BURN Eric / Carensa	
8:30AM						
9:00AM	FUNCTIONAL Eric		BURN Eric	STRENGTH Eric		STRENGTH Eric / Elizabeth
9:30AM						
4:30PM		STUDIO RESERVED		STUDIO RESERVED		
5:00PM	STRENGTH Breanna		STRENGTH & BURN Elizabeth			
5:30PM		BURN Eric		FUNCTIONAL Maureen		
6:00PM						

Functional: Enhance your movement, balance, and everyday strength with this Personal Training session focused on functional training and mobility. Through dynamic exercises and mobility drills, you'll improve joint health, posture, and performance in both workouts and daily life.

Burn: Torch calories and boost endurance in this high-energy, aerobic-based Personal Training session designed to accelerate fat loss. Using dynamic movements and interval training, you'll sculpt lean muscle while keeping your heart rate in a fat burning zone.

Strength: Build strength and power in this Personal Training session using heavier loads and lower reps. Perfect for those looking to increase muscle mass, improve form, and push past plateaus with controlled, efficient lifts.

Team Training participants have priority over the Functional Training Studio and equipment. To guarantee a spot, participants must register for classes at least 24-hours in advance. Participants may register online at www.MYiCLUBonline.com or by contacting the Service Desk up to one week in advance at (219) 983-9832. Walk-ins welcome if capacities allow. All sessions are 50 minutes. Fitness Assessments are required to be completed within 1 year prior to any Personal Training. Franciscan Health Fitness Centers reserves the right to alter sessions dependent on attendance.