

Team Training Schedule

Effective January 4, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM	STRENGTH Eric					
7:00 AM						
7:30 AM						
8:00 AM		STRENGTH Carensa			BURN Eric / Carensa	
8:30 AM						
9:00 AM	FUNCTIONAL Eric		BURN Eric	STRENGTH Eric		STRENGTH Eric / Elizabeth
9:30 AM						
4:30 PM		STUDIO RESERVED		STUDIO RESERVED		
5:00 PM			STRENGTH & BURN Elizabeth			
5:30 PM		BURN Eric		FUNCTIONAL Maureen		
6:00 PM						

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.