

SMALL GROUP TRAINING SCHEDULE

FALL 2017 SESSION 1: AUGUST 21-OCTOBER 1
 SESSION 2: OCTOBER 9-NOVEMBER 17

FREE WEEK: AUGUST 14-20
 FREE WEEK: OCTOBER 2-8

	Monday	Tuesday	Wednesday	Thursday	
5:30-6:30 p.m.	Fall Beach Bod 5:30-6:30 p.m. Maggie (FTR)	Athletic Conditioning 5:30-6:30 p.m. Jimmy (FTR)	Fall Beach Bod 5:30-6:30 p.m. Maggie (FTR)	Athletic Conditioning 5:30-6:30 p.m. Jimmy (FTR)	<p>No Class 9/1-9/4 10/27 – 10/29 11/17 – 11/26 (Dates subject to change)</p> <p>No Deep Water Fitness Class 11/8 11/30 - 12/1 (Dates subject to change)</p>
7:00-8:00 p.m.	Women's Weightlifting 7:00-8:00pm Jimmy (FTR)		Women's Weightlifting 7:00-8:00pm Jimmy (FTR)		

Athletic Conditioning
 This class offers agility, power, strength and cardio exercises in a combination of intervals and circuits to create the ultimate cross-training workout. Come prepared to push yourself to challenging limits!

Fall Beach Bod
 Come get your beach body ready with our new Small Group Training format. This class will consist of multiple fitness styles that will burn calories, increase muscle, and tone-up your body just in time for your beach plans.

Women's Weightlifting
 Do you find weightlifting intimidating? Are you looking to improve your form and technique? This women's-only class will go over proper form and technique for major lifts such as the squat, deadlift, bench press, and power clean, as well as how to put together your own weightlifting programs. This progressive class will be hands-on and practical, so come ready to work out in a fun, safe environment! We will focus on proper form and also show ways to implement modifications to your individual needs and goals.

Ramsey Membership and class-specific pass required to attend small group fitness classes.
 Visit the Rec Sports website or main office to purchase a pass.