

Team Training Schedule

Effective August 2nd - September 6th



	Monday	Tuesday	Wednesday	Thursday	Friday
Functional Training Area	8:00 a.m. AFTERBURN <i>Heather G. - Class Capacity 15</i>	8:00 a.m. INDUSTRIAL STRENGTH <i>Heather H. - Class Capacity 15</i>	10:00 a.m. INDUSTRIAL STRENGTH <i>Heather G. - Class Capacity 15</i>	8:00 a.m. AFTERBURN <i>Heather H. - Class Capacity 15</i>	8:00 a.m. FOUNDATIONS <i>Jason - Class Capacity 15</i>
	10:00 a.m. AFTERBURN <i>Lisa. - Class Capacity 15</i>				10:00 a.m. AFTERBURN <i>Lisa. - Class Capacity 15</i>
	7:00 p.m. AFTERBURN <i>Jason - Class Capacity 15</i>	6:00 p.m. INDUSTRIAL STRENGTH <i>Heather G. - Class Capacity 15</i>	7:00 p.m. FOUNDATIONS <i>Jason - Class Capacity 15</i>	6:00 p.m. INDUSTRIAL STRENGTH <i>Jason - Class Capacity 15</i>	
Performance Studio			8:00 a.m. BARRE <i>Heather H. - Class Capacity 15</i>		

Pre-register online up to 48 hours in advance at www.myiclubonline.com
Same Day Registration available by calling the Fitness Desk at 219-865-6969 x 3340

See back for session descriptions.
 Trainers may vary according to availability.
 We reserve the right to alter sessions dependent on attendance.

Team Training Session Descriptions

Interested in trying a session? Visit the Fitness Desk and sign up for a Free Fitness Assessment to get started!

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)

* Each month, our Team Training attendance will be evaluated using the Red-Light/Green-Light system. When session attendance drops below the capacity of 30%, the Trainer will be notified. The session then becomes a Red Light class and will be monitored for the next 60 days. If the session continues to be in the Red for a second month in a row, the session will be posted on the Member Information Board to notify members (located in the hall by the Performance Studio, next to the vending machines). If the session does not reach its target attendance and is in the Red for a third month in a row, Franciscan Health Fitness Centers reserves the right to change or remove the session from the Team Training schedule. If you have any questions, please feel free to ask your Trainers.