



## SMALL GROUP TRAINING

Group training allows you to get many of the same benefits of personal training at a fraction of the cost. You can get the expertise of our trainers in a variety of ways and also learn new exercises to challenge your body! Over 75% of members who join a group session sign up again because IT WORKS! Join our FIT LAB and TRX Small Group Training to see why it's the fastest growing form of training!

**Health Fair Sept 11<sup>th</sup>**

**Demo Week: Sept 8-12th**

**Fall Session I: Sept 14th – Oct 24<sup>th</sup>**

**Demo Week: Oct 26<sup>th</sup> – Oct 31st**

**Fall Session II: Nov 2<sup>nd</sup> – Dec 18<sup>th</sup>**

*\*\* no class the week of Thanksgiving*

**6 Weeks - \$ 90** sign up for a specific class and meet each week for 6 weeks of training.

**10 Class Punch Card - \$199** the punch card option allows flexibility within the FIT Lab and TRX schedule. You get 10 classes to use over the two sessions.

**SIGN UP at the FRONT DESK!**

### WEST FIT LAB Small Group Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:30a X-treme Bootcamp Priscilla			8a Biggest Loser Continuum Ian
	9a TRX Strength Priscilla	9a Biggest Loser Continuum Heather	9a TRX Focus Ian	9:00a Row-Core Noelle	9a TRX Interval Jake	
	10a Iron Combat Jose	10:15a Total Care Kyle		10:15a Total Care Jake	9:45a TRX Boomers Jake	10:30a Iron Combat Katie
	12p Biggest Loser Continuum Jake	10:30a Row-Core Noelle	12p Biggest Loser Continuum Kim			
		6p Biggest Loser Ian	6p Row Core Ian			
		6p Total TRX Reba				

For information contact: Kim Reistad, Fitness Director or Priscilla Peterson, TRX Director  
Princeton Club West 608-833-2639 or [kim@princetonclub.net](mailto:kim@princetonclub.net) or [Priscilla@princetonclub.net](mailto:Priscilla@princetonclub.net)

## Small group training offers

**\*INDIVIDUAL ATTENTION\*ACCOUNTABILITY\*AFFORDABILITY\*FUN!**

### Class Descriptions

#### **TOTAL CARE** (With Jake Salzman and Kyle Schroder)

Prevent injuries and manage nagging aches and pains with Princeton Club Total Care. This twice weekly class:\* Strengthens\* Stabilizes your joints\* Increases your flexibility \* Helps manage and alleviate pain caused by muscle imbalance. Each week's focus will include stretching and movement patterns, soft tissue release, and strengthens and stabilization techniques for the foot and ankle, knee, spine and core, and shoulder. We hope you will take the challenge to take care of your body, you deserve it!

#### **XTREME BOOT CAMP** (With Priscilla Peterson)

Modeled after actual boot camp each 'Company' (group) will work as a team and as individuals to achieve all of your fitness goals! Companies will work through:\* Circuits \* Obstacle courses \* Speed training \* Agility work \* Strength\* Power training. Participants will get a T-shirt/Tank Top and earn 'rank' by successfully completing each weekly session. No Excuses-All Results

#### **ROW – CORE** (With Noelle Seelen, Ian Ryan, Sandy Meuer, and Kim Reistad)

Rowers are some of the most physically fit athletes, in the world because each stroke uses over 85% of your muscles. Using the row machine this class combines interval training with core strengthening. The high intensity circuits will improve your cardiovascular system as well as your muscular strength.

#### **IRON COMBAT** (With Jose Guzman,Katie Bell, Julie Minikel-Lacocoque )

'Glove up' for a specialized training session based on boxing and martial arts fighting techniques that will redefine your body. This high-intensity, fast-paced circuit style class includes punching and kicking while building core and upper body strength. The use of heavy bags, standing bags, and other combat equipment combined with a variety of cardio drills will challenge each participant. \*Gloves and wraps required. Participants are encouraged to bring their own gloves and wraps. A limited number of loaner gloves are available.

#### **BIGGEST LOSER CONTINUUM** (With Kim, Michelle, Heather, Jake and Ian)

The key to weight loss success is consistency in your training and nutrition. This motivating class provides consistent workouts, accountability, and education on the importance of health. This class is a continuation of our Biggest Loser Program from the start of the year - it's great for people that started in January and anyone interested in starting it up now before the holidays hit. The workouts combine strength circuits and cardio intervals to kick start that metabolism and have you burning calories all day long.

#### **TRX STRENGTH** (With Priscilla Peterson)

Steady paced TRX exercises focusing on increasing progression of difficulty, the development of all major muscle groups, and developing body structure. Appropriate for any fitness level, due to the variability that TRX offers.

#### **TOTAL TRX** (With Reba )

This fun unique session will include a total body workout engaging multiple muscle groups, building on strength and cardiovascular endurance, while increasing core stability.

#### **TRX FOCUS** (With Ian Ryan)

Looking for something a little off-beat? Come check out this unique and constantly varying TRX class. Each week the workout will have a different focus; pulling movements, pure core strength, nothing but lunges, etc. Many other accessories will also be utilized to put together a truly fun and new experience. Designed for all levels of fitness.

#### **TRX INTERVAL** (With Jake Salzman)

This session will deliver high output TRX combined with interval – based speed and agility exercises to inspire the higher fitness level.

#### **TRX BOOMERS** (With Jake Salzman)

Lower impact TRX circuit training consisting of easily regressed exercises designed to develop and maintain strength function in the older population. This is a great class for individuals with a previous hip or knee replacement or surgeries.