

Small Group Personal Training Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep Water Conditioning 9:00 - 10:00 am Mandy Aquatics	FIT 45 6:00 - 6:45 am Liz SGPT Studio	ACT-Strength 5:45 - 6:30 am Sydney Aquatics	FIT 45 6:00 - 6:45 am Liz SGPT Studio	StrongFIT 8:00 - 8:45 am Eric SGPT Studio	IBOD 8:30 - 9:30 am Jo Jo SGPT Studio
IBOD 9:15 - 10:15 am Jo Jo SGPT Studio	Lift FIT 45 8:15 - 9:00 am Musulain SGPT Studio	TRX Circuit 8:30 - 9:15 am Renee Tumbling	Bodyweight Boot Camp 8:00 - 8:45 am Renee SGPT Studio	Strength Training for Runners 9:15 - 10:15 am Jen SGPT Studio	Lift FIT 45 9:30 - 10:15 am Liz PT Studio
Deep Water Conditioning 10:00 - 11:00 am Mandy Aquatics	TRX 9:15 - 10:00 am Renee Tumbling	Deep Water Conditioning 9:00 - 10:00 am Mandy Aquatics	No Impact Boot Camp 9:00 - 10:00 am Mandy Aquatics	TRX - FIT 45 9:30 - 10:15 am Renee Tumbling	IBOX 9:30 - 10:30 am Jo Jo SGPT Studio
Strength Training for Runners 10:30 am - 11:30 pm Jen SGPT Studio	No Impact Boot Camp 9:00 - 10:00 am Mandy Aquatics	Deep Water Conditioning 10:00 - 11:00 am Mandy Aquatics	IBOD 9:15 - 10:15 am Jo Jo SGPT Studio		Ski Fit 10:00 - 10:45 am Chris Tumbling
Warm Water Power 11:00 am - 12:00 pm Mandy Aquatics	FIT 30 9:15 - 9:45 am Musulain Weight Room <i>4 person max</i>	5-3-1 FIT 10:15 - 11:00 am Mike SGPT Studio	TRX 9:15 - 10:00 am Andrea Tumbling		K-Strong Met-Con 11:00 am - 12:00 pm Damon SGPT Studio
HIIT 12:00 - 12:45 pm Musulain SGPT Studio	IBOX 9:15 - 10:15 am Jo Jo SGPT Studio	Warm Water Power 11:00 am - 12:00 pm Mandy Aquatics	Aqua Flex & Stretch 10:00 - 11:00 am Mandy Aquatics		
Lift FIT 45 1:00 - 1:45 pm Musulain SGPT Studio	Aqua Flex & Stretch 10:00 - 11:00 am Mandy Aquatics	Kettlebell Strong 11:00 am - 12:00 pm Damon SGPT Studio	GluteFIT 10:30 - 11:15 am Musulain SGPT Studio		SUNDAY
IBOX 5:30 - 6:30 pm Jo Jo SGPT Studio	Virtual Strength 10:15 - 11:00 am Jen	IBOD 5:30 - 6:30 pm Jo Jo SGPT Studio	FIT 30 11:30 am - 12:00 pm Musulain SGPT Studio		ARC: Active Recovery Conditioning 8:00 am - 9:30 am Willie SGPT Studio
	Kaboom 10:15 - 11:00am Deb SGPT Studio		Youth Plyo, Power, & Strength 3:30 - 4:30 pm Musulain SGPT Studio		FIT 45 10:00 am - 10:45 am Deb/ Musulain SGPT Studio
	FIT 45 7:30 - 8:15 pm Chris SGPT Studio		FIT 45 6:15 - 7:00 pm Musulain SGPT Studio		FIT 45 11:00 am - 11:45 am Joseph SGPT Studio
			FIT 45 7:00 - 7:45 pm Gabe SGPT Studio		

Must sign up in advance for SGPT Classes.

Please see a Personal Trainer or Maria Crennan, or sign up in the HAC App to get scheduled for classes.

HOCKESSIN ATHLETIC CLUB

SGPT Class Descriptions



30-MINUTE CLASSES

FIT 30: Become the master of your body and get in the best shape of your life in these 30 and 45-minute versions of FIT.

45-MINUTE CLASSES

5-3-1 FIT: Unleash the beast within with this circuit-style, strength-based small group personal training class. This class optimizes strength gains using percentages and sets at proper intervals. Each workout will follow the proven Jim Wendler strength system, emphasizing core movements such as squats, deadlift, bench presses, and military presses alongside accessory exercises to help you shatter all your strength training goals.

Aquatic Cross Training (ACT) - Strength: Combine strength, agility, balance, and cardio, add in the water, and you're in for a splashin' good time! With a mixture of circuits, supersets, and cardio spurts, this strength focused class will certainly get your body moving. A great choice for those who want high intensity muscle work with lower joint impact, as well as those who are looking for a cross training option. Held in the Catch Pool.

Bodyweight Boot Camp: This 45-minute high intensity interval training (HIIT) workout improves cardiovascular fitness, increases strength and maximizes calorie burn. This workout uses a variety of exercises that can be bodyweight or beyond. You decide if and when you are ready to add weight. This workout will provide you with the challenge and intensity you need to get FAST results.

FIT 45: Become the master of your body and get in the best shape of your life in the 45-minute version of FIT.

GluteFIT: Lower body strength training and muscle building will focus on lifting heavier weight with correct technique targeting hamstrings, quadriceps, and glutes.

HIIT: A fresh take on a classic workout style. Each HIIT class features 45 minutes of high-intensity, high-energy interval training for a total body burn that'll make you WANT to come back for more.

Kaboom: Get ready to unleash the energy within you with KABOOM! This isn't your average fitness class; it's a power-packed, 45-minute journey of strength training that will have you feeling unstoppable. We've got all

the dynamic equipment you need, including our star player - the landmine (angled bar). No matter if you're a seasoned gym-goer or a beginner, don't worry! We place a strong emphasis on proper form and progressive techniques, so you'll be guided every step of the way. Our goal is to help you build strength and increase muscle mass, while having a blast! Experience the explosive power of KABOOM - a revolutionary workout that goes beyond weightlifting. Transform your fitness levels through landmine exercises that improve balance, enhance stability, and correct body misalignments. Get ready to take your body and mind to new heights with this comprehensive approach to fitness. Join Deb in this intimate small group training session held in the Garage every Tuesday at 10:30 am. Become a part of the KABOOM revolution and feel the amazing difference in your body, mind, and spirit! Let's do this together!

Lift FIT 45: This 45-minute total body strength training session will target all major muscle groups while focusing on correct technique.

Ski Fit: Boost your ski performance and prevent injuries, to become the strongest skier you can be. This class will target those muscle areas that are essential to being productive on the slopes. Together, we will focus on injury prevention, core strength, agility, and strengthening weak muscles.

StrongFIT: This strength training class meets you where you currently are on your fitness journey. StrongFIT focuses on fundamental strength training movements such as squats, presses, and deadlifts, giving you the foundation you need to start building or growing muscle.

TRX: This total-body resistance training class employs the use of the famous TRX suspension straps. The straps are adjustable, user friendly, and use bodyweight as the resistance. This class builds strength, balance, flexibility, and core stability with tons of functional exercises that can easily be adjusted to all fitness levels. Everyone from the elite athlete, grandparent, novice, and teenager can take this class. This is the FULL body workout that everyone can do.

TRX Circuit: This class will build your total body strength, flexibility, and core stability. This workout includes bodyweight work with the straps, and a variety of other equipment to keep you moving and getting stronger!

TRX FIT 45: TRXFIT uses both the TRX straps and the TRX RIP trainers with focus on form. Remember - quality versus quantity. Build from the foundations of movement across all planes of motion to create a strong, integrated physique. Core, core, core!

Virtual Strength: Enjoy the benefits of Strength Training for Runners via Zoom in the comfort of your own home! Whether you are a novice or avid runner, the importance of strength training cannot be overstated. Many runners are injured frequently and most will experience some type of overuse stress. This is a 10-week progressive program taught by Jen Besten, a USATF certified running coach. It will give you the edge you have been looking for by using exercises geared towards reducing injury and increasing strength. Time to switch it up!



MORE

HOCKESSIN ATHLETIC CLUB

SGPT Class Descriptions



60-MINUTE CLASSES

Aqua Flex and Stretch: This class starts with 30 minutes of exercises designed to build strength and muscle definition and is followed by 30 minutes of stretching and mind/body Exercises designed to lengthen the muscles and release muscle tension. This class will leave you feeling strong and with a better sense of balance.

Deep Water Conditioning: This class is designed to help you find your inner athlete in a no impact environment! This specific class focuses on cardio conditioning and core training. Belts are worn to allow for optimal focus on arm and leg exercises while having fun and building cardio endurance.

IBOD: Whether you're looking to lose weight, relieve pain, or get a good dose of class synergy, this is truly the class is for you! This full-body workout produces incredible physical results that you can see and feel very quickly. Your workouts are sure to be efficient, dynamic, and fun! And with smaller class sizes, you can count on experiencing greater accountability and more personalized attention. Choose a 30, 45, or 60-minute workout depending on the allotted time in your time block.

IBOX: Get all the great benefits of IBOD with an added emphasis on kickboxing!

K-Strong Met-Con: An hour long SGPT class that takes the functional total body form and strength work of hardstyle Kettlebells, and follows it up with EPOC inducing HIIT (high intensity interval training) for a total body workout that will motivate you to your best efforts. The best of both worlds, where Functional Strength and Metabolic Conditioning meet.

Kettlebell Strong: Taught by a Strongfirst Kettlebell Certified Instructor, this total body strength and conditioning kettlebell class puts a strong emphasis on proper form, technique, progression and functionality. First part of the class will focus on mastering the basics before going into a HIIT workout to finish the class. If you are looking for a challenging workout that will also teach you the fundamentals of strength training, this is the class for you.

No Impact Bootcamp: This class will consist of 30 minute deep water cardio that will build your cardiovascular endurance and then 30 minutes of shallow water no impact, full-body strength training. This class will leave you feeling strong, balanced and ready to take on the day!

Strength Training for Runners: Do you love to run? What does your strength training routine look like? Whether you are a novice or avid runner, the importance of strength training cannot be overstated. Many runners are injured frequently and most will experience some type of overuse stress. This is a 10-week progressive program taught by Jen Besten, a USATF certified running coach. It will give you the edge you have been looking for by using exercises geared towards reducing injury and increasing strength. Time to switch it up!

Warm Water Power: This class is held in our therapy pool and designed to have you feeling more balanced, stronger and increase your endurance levels. Class will include cardio, core training and range of motion exercises along with strength training.

Youth Plyo, Power, & Strength: Plyo, Power, and Strength is a youth sports performance training session. While typically volleyball-focused, any sport can be accommodated. scheduling is based on availability per session and experience level of athlete.



90-MINUTE CLASSES

ARC (Active Recovery Conditioning): Active Recovery Conditioning is a 90 minute total body blast designed for young athletes to allow them to maintain and enhance their in-season performance.

