

TEAM TRAINING SCHEDULE

STARTS
MONDAY APRIL 27



	STRENGTH	CONDITIONING	HYROX	HYBRID TURF	HYBRID JOLT STUDIO	STRETCH & PERFORM
	MON	TUE	WED	THU	FRI	SAT
MORNING	5:00 STRENGTH LAB	5:00 METCON FLEX	5:00 STRENGTH LAB	5:00 METCON FLEX	5:00 STRENGTH LAB	7:00 METCON FLEX
	6:00 JOLT CLASSIC	6:00 BARRE VINYASA	6:00 JOLT CLASSIC	6:00 BARRE STRONG	6:00 JOLT CLASSIC	7:00 KB INSANITY
						8:30 HYROX 75
	7:00 UNIQUE WOD	7:00 STRENGTH LAB		7:00 STRENGTH LAB		9:15 JOLT CLASSIC
	9:30 IRON TREAD		9:30 JOLT CLASSIC		9:30 JOLT CLASSIC	9:45 TURF STRETCH 30
	10:30 PILATES MELT	10:00 JOLT STRENGTH	10:30 FIT MAMA	10:00 KB INSANITY	10:30 FIT MAMA	
AFTERNOON/EVENING		3:45* JOLT ATHLETE		3:45* JOLT ATHLETE		SUN
	4:15 METCON FLEX		4:15 STRENGTH LAB			7:00 YOGA MELT
	4:30 IRON TREAD	4:30 UNIQUE WOD		4:30 UNIQUE WOD	4:30 JOLT CLASSIC	8:00 FIT MAMA
	5:30 UNIQUE WOD	4:30 JOLT STRENGTH	5:30 UNIQUE WOD	4:30 BOX STRONG		9:00 BARRE VINYASA
	5:30* JOLT ATHLETE	5:30* STRETCH+PERFORM	5:30* JOLT ATHLETE	5:30* STRETCH+PERFORM		
	6:30 PILATES MELT	6:30 JOLT HYROX	6:30 BARRE VINYASA	6:30 BOX STRONG		

CLASSES WITH CONSISTENT LOW ATTENDANCE ARE SUBJECT TO CHANGE | MEANS THE ROOM IS HEATED TO 85-95 DEGREES.

* 40 MINUTE CLASS

TEAM TRAINING SCHEDULE



BENCH PRESS BADDIE • MAR 1 - MAY 23 • PRESS ERA

• 12-Week Strength & Performance Program •

TRAINING GOALS: Run/Walk 1 mile best, or furthest distance in 12 minutes

	PHASE 1 : BASE March 8-28	PHASE 2 : BUILD March 29-April 18	PHASE 3 : REINFORCE April 26-May 23
SU	Stability + Core	Stability + Core	Stability + Core
M	Chest + Delts	Upper Press	Chest + Quads Heavy
T	Back + Tris	Upper Pull	Arms + Unilateral Legs Light-Mod
W	Legs	Lower Push	Back + Hams Heavy
Th	Arms	Lower Pull	Tris + Glute Light-Mod
F	Trunk + Unilateral	Glutes + Abs + Unilateral	Trunk + Stability
S	HIIT + Mobility	HIIT + Mobility	HIIT + Mobility
	ASSESSMENT WEEK 1 March 1 - March 7	RELOAD WEEK 8 April 19 - April 25	TEST WEEK 11 May 11-15

JOLT STUDIO CLASSES

JOLT	Classic: 3 stations; row, tread, strength, equal intervals. A high energy class that will test your cardio and strength endurance. Based on true periodization training with proven methods and techniques to provide max results. Box: Bring your gloves and get ready to sweat it out and punch it out in this high intensity, heart pumping, energetic class. 2 stations Only
IRON TREAD	Push your limits in this fast-paced 45-minute class that blends treadmill intervals with strength circuits. Whether you run, jog or walk, this workout is built for all levels. Boost your endurance, build strength and burn serious calories every time you show up
KB INSANITY	Challenge yourself in this boot-camp style class that uses kettlebell movements to target your entire body. Build strength, endurance, power and core-stability-all in one high-intensity workout. All fitness levels welcome. Let's HIIT the Bells
FIT MAMA	Made for Moms of all stages, all ages, to come together and support each other in a Fit Community. A total strength class that improves endurance and pelvic stability. Build a sense of community with other Mamas! All fitness levels
PILATES - BARRE • YOGA - STRETCH	Room gently heated to 85-90 degrees. A low impact class that focuses on muscular endurance and stabilization.

TURF CLASSES

STRENGTH LAB	Built around the Big 3— squat, deadlift, and bench press. This structured strength session uses progressive loading and focused accessory work to increase power, build muscle, and refine technique.
HYROX	Push your limits in this high-performance training class inspired by the global HYROX fitness competition. Designed to build strength, endurance, and athletic power, HYROX combines functional movements, cardiovascular conditioning, and performance-driven circuits in a structured format. This class will challenge every level and deliver serious results in a race-against-the-clock style environment.
METCON FLEX	Turf-based conditioning meets intentional recovery. This high-energy session blends metabolic circuits - think sleds, carries, strength, and athletic intervals — with guided flexibility and mobility work to finish.
UNIQUE WOD	Every session delivers a new "Workout of the Day (WOD)" combining functional strength training, cardio and athletic drills to challenge your entire body. No two workouts are the same- you'll lift, push, jump and sweat through dynamic, constantly varies routines.

POLAR
LISTEN TO YOUR ❤️



CHEST STRAP H10 \$110
ARM BAND OH1+:\$110

A Personal Performance Monitor insures that you are working out to your fullest potential, knowing when to push more or reserve your energy. It's important to know how your heart rate impacts the end results of your training, no matter which class you take.

During TEAM Training classes, your coaches and trainers will educate you on why it's important to understand this heart rate response and how it relates to the specific goals of the class format and of you as an individual. We strongly recommend purchasing one of the models to the side at the reception desk or you can choose to rent them for each class for just \$5.

Please see a staff member for more details.

POP-UPS



STABILITY	HEAVY BENCH + QUADS	MOD BACK + UNILATERAL LEGS	HEAVY ROW	SNATCH + CLEAN	TRUNK + UNILATERAL	TOTAL BODY HIIT
SUN	MON	TUE	WED	THU	FRI	SAT
	<i>teachers + nurses</i>					
ALL CLASSES OPEN/FREE TO ALL MEMBERS THIS WEEK						

\$15 for MEMBERS • free for VIP • \$25 DROP-IN/guest
 • week of 5/3-5/9 all classes free •
 • CMVA NY 19-5 Fundraiser : ALL Classes Donation Suggested

HOLBROOK, NY

MAY 2026