



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **Small Group Training– Spring 2019**

Small Group Training programs begins April 22

**Sign up for demo classes in the Fitness Center.**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p><b>TRX</b> 9:15-10:15am Marie-France Studio</p> <p><b>Reformer</b> 9:30-10:30am Rose Mind/Body Studio</p> <p><b>TRX</b> 10:15-11:15am Marie France Studio</p> <p><b>Reformer</b> 12-1pm Patti F. Mind/Body Studio</p> <p><b>Reformer</b> 6:30-7:30pm Jeanne Mind/Body Studio</p> <p><b>MOTR</b> 7:30-8:15pm Nikki Mind/Body Studio</p>	<p><b>TRX</b> 6-7am Jeanne Studio</p> <p><b>Reformer</b> 6-7am Suzanne Mind/Body Studio</p> <p><b>TRX</b> 8-9am Patti G Studio</p> <p><b>TRX Build &amp; Burn</b> 9-10am Patti G Studio</p> <p><b>MOTR</b> 10-11am Marie France Children's Studio</p> <p><b>Reformer</b> 9:15-10:15am Jeanne Mind/Body Studio</p>	<p><b>Flex &amp; Press</b> 9:15-10:15am Sam Studio</p> <p><b>Reformer</b> 10-11am Rose Mind/Body Studio</p> <p><b>AOA TRX *</b> 10:30-11:30am Mike Studio</p> <p><b>MOTR®</b> 12PM-1pm Nikki Children's Studio</p> <p><b>Livestrong for Life</b> 2-3pm Chelsea Bутtenheim (starts April 24<sup>th</sup>)</p> <p><b>Reformer</b> 6:30-7:30pm Raquel Mind/Body Studio</p> <p><b>*Active Older Adult</b></p>	<p><b>MOTR</b> 8-9am Nikki Children's Studio</p> <p><b>TRX</b> 9:15-10:15am Kyle Studio</p> <p><b>Reformer</b> 9:15-10:15am Suzanne Mind/Body Studio</p> <p><b>MOTR</b> 10-11am Marie France Children's Studio</p> <p><b>Reformer</b> 6-7pm Raquel Mind/Body Studio</p>	<p><b>Reformer</b> 9-10am Patti G Mind/Body Studio</p> <p><b>TRX Boot Camp</b> 10-11am Joe Studio</p>	<p><b>Reformer</b> 8-9am Patti G Mind/Body Studio</p> <p><b>Reformer</b> 9:30-10:30am Raquel Mind/Body Studio</p> <p><b>Restorative Yoga</b> 11am-12pm Linda Mind/Body Studio (starts April 27<sup>th</sup>)</p>
					<b>Sun</b>
					<p><b>MOTR</b> 10:30-11:30am Chelsea Mind/Body Studio</p>