

# COACH

## Small Group Training 2021 Session Dates

### \*WINTER FIT CAMP CLASSES:

Dates: January 3-9

#### SESSION 1:

Registration Dates: December 27-January 6

Session Dates: January 10-March 13

#### SESSION 2:

Registration Dates: February 28-March 10

Session Dates: March 14-May 15

#### SESSION 3:

Registration Dates: May 2-12

Session Dates: May 16-July 17

### \*SUMMER FIT CAMP CLASSES:

Dates: July 18-31

#### SESSION 4:

Registration Dates: August 1-11

Session Dates: August 15-October 16

#### SESSION 5:

Registration Dates: October 3-13

Session Dates: October 17-December 18

### SESSION PRICES

Full Session: \$128 (members)

\$152 (non-members)

### \*FIT CAMP CLASS DROP-IN PRICES

\$16 per Fit Camp Class (members)

\$21 per Fit Camp Class (non-members)



### HOW TO REGISTER?

Stop by the Fitness Desk  
(lower level) to register.

### NEED MORE INFORMATION?

CALL 219-924-5348 EXT. 32720



9950 Calumet Avenue, Munster, IN 46321

Phone: 219-924-5348 | [fitnesspointe.org](http://fitnesspointe.org)



**COMMUNITY  
HEALTHCARE SYSTEM®**

Community Hospital Fitness Pointe®

# COACH

## Small Group Training 2021



Small group training  
at a fraction of the cost  
of one-on-one sessions

For more information  
call 219-924-5348

# What is **COACH** Small Group Training?

**COACH SMALL GROUP TRAINING** is an excellent alternative to one-on-one training. Fitness Pointe's COACH Small Group Training program offers the benefits of working with a personal trainer at a fraction of the cost of one-on-one sessions.

Whether you are looking to lose weight, need general fitness conditioning, a workout variety or prep for advanced athletics; the added motivation of having others work out with you pushes you to a new effort level. Train with friends, family or even co-workers! Start your own group or join one of ours.

## **HOW LONG IS A COACH SMALL GROUP TRAINING SESSION?**

COACH participants pay for eight classes during a nine week program to allow for one absence.

\*For more complete information, see COACH Rules & Polices, available at the Fitness Desk.

## **HOW OFTEN DOES EACH COACH SMALL GROUP TRAINING PROGRAM MEET?**

Once per week (see current COACH schedule for exact days/times)

## **HOW LONG IS A COACH SMALL GROUP TRAINING CLASS?**

55 minutes in length

# **COACH** Small Group Training

## **BOXING FOR FITNESS**

This COACH class is a great total body workout. It encompasses boxing with core and lower body strengthening exercises. Learn boxing skills such as correct stance and form in throwing jab/cross, hooks and uppercuts, while working at an intense pace. Class is taught in three-minute rounds with intervals of conditioning exercises in-between rounds with a warm up and cool down.

## **FUNCTIONAL INTEGRATED STRENGTH TRAINING (FIST)**

Weight training is one of the best ways to improve bone density, balance and coordination. This exceptional program, taught by a certified fitness professional, provides a well-rounded foundational strength program to increase lean mass, decrease fat mass, improve bone density and most of all reshape your body.

## **GLIDEFIT CARDIOWAVE**

This COACH class is a perfect supplement for the exercise enthusiast. Take your functional cross-training to the next level. This COACH class will utilize the GlideFIT floating platform in the lap pool to provide a workout on an unstable surface in the water. This workout will challenge your core and functional strength, as well as your balance. The high intensity interval training (HIIT) class format will burn calories and add fun to your workouts.

## **JUMPBOARD/REFORMER**

This class combines Jumpboard and Reformer exercises. The Jumpboard is a great way to add cardiovascular segments while building strength in your legs, core, ankles and feet.

## **KETTLE-LATES**

This program gives you the strengthening and stretching of a Pilates program combined with the functional movement training using a Kettlebell workout.

## **PILATES REFORMER I/II**

Level I is designed for introductory/newer experiences. Level II builds on the concepts taught in Level I to continue to stretch and strengthen the body using the Allegro equipment. Level II class is appropriate for those who have completed Level I.

## **PILATES REFORMER ADVANCED**

This class provides the perfect challenge to the experienced Pilates exerciser. It uses advanced techniques and multiple apparatus (i.e. Short Box/Tower) with the Allegro for a total body workout. Instructor approval required.

## **TOWER/REFORMER ADVANCED**

This class combines Trapeze table and Reformer exercises. This workout will increase flexibility, core strength and improve posture while utilizing springs, sit up bar and tower.