

COACH

Small Group Training 2019 Session Dates

*Winter FitCamp Classes:

Dates: December 16, 2018 - January 12, 2019

Session 1:

Registration Dates: January 3 - 12
Session Dates: January 13 - March 16

Session 2:

Registration Dates: March 7 - 16
Session Dates: March 17 - May 18

Session 3:

Registration Dates: May 9 - 18
Session Dates: May 19 - July 20

*Summer FitCamp Classes:

Dates: July 21 - August 17

Session 4:

Registration Dates: August 8 - 17
Session Dates: August 18 - October 19

Session 5:

Registration Dates: October 10 - 19
Session Dates: October 20 - December 21

*Winter FitCamp Classes:

Dates: December 22, 2019 - January 11, 2020

Session Prices

Full session: \$128 (members)
\$152 (non-members)

FitCamp Drop-In Prices

\$16 per FitCamp Class (members)
\$21 per FitCamp 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) 924-5FIT
FAX: (219) 924-8581



COACH

Small Group Training 2019

Small group training
at a fraction of the cost
of private 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 an instructor at a fraction of the cost of private sessions.

Whether it be for fat loss, general fitness conditioning, workout variety or elite level athletics, the added motivation of having others working 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 8 classes during a 9 week program to allow for one absence.

*For more complete information, see COACH Rules & Policies, 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

Barre-Lates-

This class offers a fusion of ballet barre and Pilates reformer exercises.

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 new 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.

Kettle-lates-

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

No Limits...Ultimate Metabolic Conditioning-

This workout is progressive, using a variety of equipment and intensities that build on each other weekly. This program targets the EXPERIENCED exerciser looking for creative routines and to increase their lean muscle mass. ALL individuals are encouraged to participate in a Resting Metabolic Test at the beginning and end of the program. Course instructor will provide details on the Metabolic Test AND offer a 'Metabolic Test DISCOUNT' for those registered for this program.



Pilates Allegro-

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 Advanced Allegro-

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 of Power-

Tower of Power will take your Reformer training to the next level. The tower adds versatility to the Reformer and lends to more exercise options. This program is recommended for those who have taken Allegro II/Advanced Allegro and will need Instructor approval to participate.

TRX-

TRX Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.