

COACH

Small Group Training 2020 Session Dates

*WINTER FIT CAMP CLASSES:

Dates: January 5-11

SESSION 1:

Registration Dates: December 29-January 8

Session Dates: January 12-March 14

SESSION 2:

Registration Dates: March 1-11

Session Dates: March 15-May 16

SESSION 3:

Registration Dates: May 3-13

Session Dates: May 17-July 18

*SUMMER FIT CAMP CLASSES:

Dates: July 26-August 8

SESSION 4:

Registration Dates: August 2-12

Session Dates: August 16-October 17

SESSION 5:

Registration Dates: October 4-14

Session Dates: October 18-December 19

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



COMMUNITY
HEALTHCARE SYSTEM®

Community Hospital Fitness Pointe®

COACH

Small Group Training 2020



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 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 & 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

BOXING FOR FITNESS

This new 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 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.

HIIT

This class is a high intensity interval training workout with intervals of 30 second stations that utilizes the functional equipment (including medicine balls, agility ladder, ropes and kettlebells) on the basketball court.

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.

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.

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.

TRX

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

SESSION 2: MARCH 15 - MAY 16, 2020

Late registration begins Thursday, March 12, 2020.
A \$5.00 late fee will be assessed to all COACH vouchers.

COACH Small Group Training

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

5:00 AM				PIL. REFORMER ADV. Deidra	BOXING FOR FITNESS (5:15 AM) Dani	F.I.S.T. Deidra		
6:00 AM		PIL. REFORMER II Deidra		PIL. REFORMER II Deidra				
7:00 AM		JUMPBOARD/REF. Katie	JUMPBOARD/REF. Katie	TOWER/REF. ADV. Katie		PIL. REFORMER II Katie		
8:00 AM		PIL. REFORMER ADV. Katie		PIL. REFORMER I Deidra	PIL. REFORMER II Deidra	TOWER/REF. ADV. Katie	KETTLE-LATES Katie	
9:00 AM				PIL. REFORMER I Deidra	BOXING FOR FITNESS (8:30 AM) Dani		PIL. REFORMER II Katie	
10:00 AM	METABOLIC CONDITIONING (10:15 AM) Isaac	PIL. REFORMER II (10:15 AM) Katie	PIL. REFORMER II Deidra		GLIDE FIT Patty	<p>Please stop at the Fitness Desk to register.</p> <p>Session #2 Registration: March 1 - 11, 2020</p>		
			BOXING FOR FITNESS (10:30 AM) Dani		PIL. REFORMER ADV. (10:30 AM) Deidra			
5:00 PM			PIL. REFORMER ADV. Katie	GLIDE FIT Patty				
6:00 PM		PIL. REFORMER ADV. Deidra	PIL. REFORMER II Katie	PIL. REFORMER ADV. Deidra	PIL. REFORMER I Deidra			
7:00 PM		PIL. REFORMER II Deidra	PIL. REFORMER II Katie	PIL. REFORMER II Deidra	PIL. REFORMER ADV. Katie			



COMMUNITY HEALTHCARE SYSTEM®
Community Hospital
Fitness Pointe®
9950 Calumet Avenue, Munster, IN 46321
Phone: 219-924-5348 | Fax: 219-924-8581

COACH Small Group Training Program Descriptions

Boxing for Fitness - This New 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 3-minute rounds with intervals of conditioning exercises in-between rounds with a warm up and cool down.

Functional Integrated Strength Training - (F.I.S.T.) - 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.

GLIDE FIT Cardio Wave - 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.

**Pre-Requisites for interested participants:*

1. Must be comfortable in the aquatic environment and be able to swim.
2. Must have upper body strength to carry the platform and to mount the platform in 6 feet deep water.
3. Must have good balance on land.

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 of a Kettlebell workout.

Metabolic Conditioning - This workout is progressive, using a variety of equipment and intensities and build on each other weekly. This program targets the EXPERIENCED exerciser looking to increase their metabolic rates and improve their lean mass.

Pilates Reformer (Pil. 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 (Pil. Reformer Adv.) - 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.