

# COACH

## Small Group Training 2023 Session Dates

### SESSION 1:

Registration Dates: December 26-January 4  
Session Dates: January 8-March 18

### SESSION 2:

Registration Dates: March 6-15  
Session Dates: March 19-May 27

### SESSION 3:

Registration Dates: May 15-24  
Session Dates: May 28-August 5

### SESSION 4:

Registration Dates: July 24-August 2  
Session Dates: August 6-October 14

### SESSION 5:

Registration Dates: October 2-11  
Session Dates: October 15-December 23

### SESSION PRICES

Full Session:

\$147 (members)

\$174 (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](https://fitnesspointe.org)



**COMMUNITY  
HEALTHCARE SYSTEM®**

Community Hospital Fitness Pointe®

# COACH

## Small Group Training 2023



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 nine classes during a ten 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

## **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.

## **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.

## **TRX**

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

Class offerings are subject to change.