

COACH

Small Group Training 2024 Session Dates

SESSION 1:

Registration Dates: December 26-January 3
Session Dates: January 7-March 16

SESSION 2:

Registration Dates: March 4-13
Session Dates: March 17-May 25

SESSION 3:

Registration Dates: May 13-22
Session Dates: May 26-August 3

SESSION 4:

Registration Dates: July 22-31
Session Dates: August 4-October 12

SESSION 5:

Registration Dates: September 30-October 9
Session Dates: October 13-December 21

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

revised 10/10/2023



**COMMUNITY
HEALTHCARE SYSTEM®**

Community Hospital Fitness Pointe®

COACH

Small Group Training 2024



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.