



GROUP TRAINING STUDIO

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------|------------------------------|
| 5:45 am | | MxPlus Richard Geddings | | MxPlus Richard Geddings | | |
| 7:30 am | MX4 Tomas Kurhajec | | MX4 Tomas Kurhajec | | MX4 Tomas Kurhajec | |
| 8:30 am | MX4 Allyse Proctor | | MX4 Allyse Proctor | | | |
| 9:30am | Mobility Class Tomas Kurhajec | O-Zone Nichole Bartrug | Mobility Class Tomas Kurhajec | O-Zone Nichole Bartrug | Mobility Tomas Kurhajec | MXPlus MX4 Coach Rotation |
| 10:30am | MXPlus Brooke Welch | | MXPlus Joshua Taylor | | MXPlus Joshua Taylor | |
| 12:30 pm | MX4 Tomas Kurhajec | Tabata (12:15) Brooke Staniec | MX4 Brittany Beier | Tabata (12:15) Brooke Staniec | MX4 Tomas Kurhajec | |
| 4:00 pm | Next Level Fitness (LvL 1) | Next Level Fitness (LvL 2) | Next Level Fitness (LvL 1) | Next Level Fitness (LvL 2) | | |
| 5:00 pm | MX4 Matt Wilt | MX4 Brooke Welch | MX4 Richard Geddings | MX4 Joshua Taylor | | |
| 5:30pm | Swim Team | | Swim Team | | | |
| 6:00 pm | | MXPlus Joshua Taylor | | MXPlus Richard Geddings | | |
| 6:30 pm | MX4 Matt Wilt | | MX4 Richard Geddings | | | |

Mobility Class - This 45 minutes class will help you with your range of motion to help with performing everyday task. This class will include equipment such as foam rollers, resistant bands, and massage balls.

MX4 – 30 minute, Easily scalable total-body HIIT workouts that integrate best-in-class functional training accessories. Participants receive the direction, accountability and motivation they need to get results. Monitor and track your heart rate and calories burned throughout the workout on the performance display

MXPlus – An extended 45 minute version of the MX4 classes. Longer rotations in endurance, power, strength, and cardio conditioning, with added core stability and mobility movements plugged in.

Next Level Fitness – A coach led teen fitness program where participants can choose which level to be in. based on what your health goal is.

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.