



GROUP TRAINING STUDIO

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am		O-Zone Richard Geddings		O-Zone 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 Tomas Kurhajec	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	Next Level Fitness (LvL 3)	MX4 Brooke Welch	Next Level Fitness (LvL 3)	MX4 Joshua Taylor		
5:30pm	MXPlus Matt Wilt		MXPlus Richard Geddings			
6:00 pm		O-Zone Joshua Taylor		O-Zone 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.

O-Zone: Choose from 3 different levels for everyone individual abilities

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