



# 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 Josh/Keagan		MX4 Josh/Keagan		MX4 Josh/Keagan	
8:30 am	MX4 Allyse Proctor		MX4 Allyse Proctor			
9:30am		O-Zone Nichole Bartrug	Mobility Class Brittany	O-Zone Nichole Bartrug		MXPlus MX4 Coach Rotation
10:30am	MXPlus Brooke Welch	Mobility Class Brittany	MXPlus Joshua Taylor	Mobility Class Brittany	MXPlus Joshua Taylor	
12:30 pm		Tabata (12:15) Brooke Staniec		Tabata (12:15) Brooke Staniec		
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)	Next Level Fitness (LvL 3)	Next Level Fitness (LvL 3)	Next Level Fitness (LvL 3)		
5:30pm	MXPlus Matt Wilt	MX4 Hilary Moore	MXPlus Richard Geddings	MX4 Joshua Taylor		
6:30 pm	MX4 Matt Wilt	O-Zone Joshua Taylor	MX4 Richard Geddings	O-Zone 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’s individual abilities to receive a high intensity training during this 45 minute class.

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