

Commit to Success with  
**SMALL  
 GROUP  
 TRAINING**

**Starts  
 July 31 & Aug. 1**

**ONLY  
 \$16.50  
 /session**

**8 weeks**  
 Max. of 6 people

Add one 60-minute and  
 one 30-minute nutrition  
 consultation for \$95 and  
 save \$20!

**SPECIAL OFFER:**  
 New participants get **\$25 OFF!**

**It's never too late to start!**  
 Sign up any time at a **prorated price  
 and installment payments.**  
 See front desk for track openings.

TRACK	LEVEL I		
4	MON	WED	FRI
	8-9am	8-9am	8-9am
	Jason	Jason	Jason
5	MON	WED	FRI
	9-10am	9-10am	9-10am
	Brian	Brian	Brian
8	MON	WED	FRI
	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm
	Aidan	Aidan	Tanya
9	MON	WED	FRI
	6:15-7:15pm	6:15-7:15pm	6:15-7:15pm
	Aidan	Aidan	Tanya
11	TUE	THU	
	9-10am	9-10am	
	Tanya	Tanya	
12	TUE	THU	
	Noon-1pm	Noon-1pm	
	Tanya	Tanya	

TRACK	LEVEL II		
1	MON	WED	FRI
	5:30-6:30am	5:30-6:30am	5:30-6:30am
	Aidan	Aidan	Aidan
2	MON	WED	FRI
	5:30-6:30am	5:30-6:30am	5:30-6:30am
	Jason	Jason	Jason
3	MON	WED	FRI
	6:30-7:30am	6:30-7:30am	6:30-7:30am
	Aidan	Aidan	Aidan
6	MON	WED	FRI
	10-11am	10-11am	10-11am
	Aidan	Aidan	Lauren
7	MON	WED	FRI
	Noon-1pm	Noon-1pm	Noon-1pm
	Jason	Jason	Jason
10	TUE	THU	
	6:30-7:30am	6:30-7:30am	
	Brian	Brian	

**HIIT**

**3-day Tracks:**  
 \$396 for members  
 \$490 for non-members

**2-day Tracks:**  
 \$264 for members  
 \$326.67 for non-members

Payment installments available.



# Which small group training class is right for me?

This dynamic and affordable circuit-style training program is designed to maximize your workout and help you reach your goals.

Small Group Training focuses on individual progression from week to week. Your personal trainer will take you through a variety of exercises utilizing a variety of special equipment, including:

- TRX Bands
- Battle Ropes
- Kettlebells
- Slam and Medicine Balls
- Stability Balls
- Foam Rollers
- And more

Every Small Group Training participant will receive a complimentary pre and post Fitness Assessment to help track your progress and test:

- Upper Body and Lower Body Muscular Strength and Muscular Endurance
- Core
- Flexibility
- Balance

## CLASS DESCRIPTIONS

### LEVEL I

Small Group Training Level I is all about technique, fundamentals and form. In this class, you will establish a foundation of strength, general conditioning and balance. As you progress from week to week, your personal trainer will introduce new exercises and increase the intensity of the workouts to challenge you.

#### How do I know Level I is for me?

- I am new to exercise
- I have difficulty performing push-ups, squats and planks with proper form
- I am trying to get back into the habit of working out
- I have injuries that prevent me from performing intense workouts

### LEVEL II

Small Group Training Level II is CHF's most intense Small Group Training class. Level II is fast-paced with minimal rest periods and requires high-intensity movements and challenging exercises.

#### How do I know Level II is for me?

- I can plank, squat and complete push-ups with proper form
- I am now fully recovered with little or no exercise limitations
- I am looking to be challenged and pushed to my limits

### HIIT

**HIIT**, or high-intensity interval training, is a training technique in which you give all-out, 100 percent effort through intense burst of exercise, followed by recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Added benefits: increased gains in stamina and decreased recovery time.

\*\*CHF works hard to accommodate varying fitness levels, however, Small Group Training Classes are not appropriate for individuals who have injuries that require rehabilitation or that limit their participation in the class. All participants will be vetted by CHF's Personal Trainers and then placed in the appropriate class. If Small Group Training is deemed unsafe for any participants, they will recommend alternative exercise programs.

