
































FITNESS DIRECTOR

Owen Hallinan

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|---|---|---|---|--|---|
| 6:00 AM |  AFTERBURN |  INDUSTRIAL STRENGTH |  FOUNDATIONS |  AFTERBURN |  INDUSTRIAL STRENGTH | |
| 8:00 AM |  AFTERBURN |  INDUSTRIAL STRENGTH |  FOUNDATIONS |  AFTERBURN |  INDUSTRIAL STRENGTH | |
| 9:00 AM | | | | | |  COACHES CHOICE |
| 10:00 AM |  AFTERBURN |  INDUSTRIAL STRENGTH |  FOUNDATIONS |  AFTERBURN |  INDUSTRIAL STRENGTH | |
| 5:00 PM |  AFTERBURN |  INDUSTRIAL STRENGTH |  FOUNDATIONS |  AFTERBURN | | |
| 6:00 PM |  AFTERBURN |  INDUSTRIAL STRENGTH |  FOUNDATIONS |  AFTERBURN |  INDUSTRIAL STRENGTH | |
| 7:00 PM |  AFTERBURN |  INDUSTRIAL STRENGTH |  FOUNDATIONS |  AFTERBURN | | |



FOUNDATIONS: You can't build a home without a solid foundation. Fitness is similar to your home in that you first need to establish proper movement and a base level of conditioning before beginning to build more advanced layers of fitness. With a challenging, full body program, Foundations will ensure that you avoid injury, make progress at your pace and begin the path to success.



AFTERBURN: Many People strength train with weights while others do cardio or aerobics- somewhere in between is Afterburn, the ultimate fat loss workout. Not only will you burn up to 1,000 calories an hour, you will continue to burn fat and calories up to 48 hours after your workout is complete.



INDUSTRIAL STRENGTH: Working with heavier loads and less reps means more strength without bulk. This program combines old school tools with modern science to provide you with the fastest path to better strength and conditioning.