

# Circuit Training & Class Schedule

<b>Sunday</b> No Classes	<b>Time</b> No Classes	<b>Dates</b> No Classes
<b>Monday</b> Cliff / Ballard Boot Camp Vonne / Monday Madness David / Blood, Sweat & Results	<b>Time</b> 5:30-6:30am PT STUDIO 9-10am 6-7pm	<b>Dates</b> Monthly 2/13-3/19 2/13-3/19
<b>Tuesday</b> Cliff / Ballard Boot Camp Tommy & Jeff / Peak Performance	<b>Time</b> 5:30-6:30am STUDIO A 6:35-8pm	<b>Dates</b> Monthly 2/14-3/20
<b>Wednesday</b> Cliff / Ballard Boot Camp Vonne / Girl Power Hour	<b>Time</b> 5:30-6:30am PT STUDIO 12-1pm	<b>Dates</b> Monthly 2/15-3/21
<b>Thursday</b> Cliff / Ballard Boot Camp Jessica / TNT Tommy & Dave / Peak Performance 2	<b>Time</b> 5:30-6:30am STUDIO A 6-7am 6:35-8pm	<b>Dates</b> Monthly 2/23-3/29 2/16-3/22
<b>Friday</b> Cliff / Ballard Boot Camp Vonne / Circuit Training	<b>Time</b> 5:30-6:30am PT STUDIO 9-10am	<b>Dates</b> Monthly 2/17-3/23
<b>Saturday</b> Cliff / XBC	<b>Time</b> 8-9am	<b>Dates</b> Monthly

**Vonne's Girl Power Hour** - This class is designed to educate women on how to workout. A variety of free weights, cable exercises, medicine balls, core work, cardiovascular exercises, and flexibility are practiced. 6 weeks \$60

**Cliff's XBC** - This class alternates between a 20 second exercise and a 10 second rest four times, followed by cardiovascular exercise. The benefit is high intensity interval training all fitness levels can achieve.

**Vonne's Monday Madness** - Monday's have never been this motivating! Vonne's Monday circuit training is back and better than ever. This class is similar to Girl Power Hour and Friday Circuit Training where no workout will be the same! Join Vonne Monday's from 9am-10am for a perfect start to your week of health and fitness. 6 weeks \$60

**Jessica's TNT** - Tighten and tone your entire body! Working through a variety of upper body, lower body and core exercises, no muscle group gets left out. It's dynamite! Join Jessica in the PT Studio, Thursdays at 6am. 6 weeks \$90

**Ballard Boot Camp** - Ballard Boot Camp is THE fitness program that offers fitness instruction, nutritional counseling and motivational training - packed with fun and energizing activities designed to help you reach your fitness goals. Whether you want to lose weight to fit into that special dress, shed the extra pounds from a pregnancy or just get fit before that special occasion, this is the program for you! Monday through Friday 5:30 AM PT Studio Monday/Wednesday/Fridays and the Studio A on Tuesday/Thursdays.

**David's Blood, Sweat & Results** - This will be a very challenging class! Our focus will be on functional multi-joint movements, with a deep emphasis on proper core activation. Each class will begin with proper warm-up and a dynamic stretching routine. I will be offering a free one hour long one on one assessment for anyone interested in joining. Come prepared to sweat. 6 weeks \$90

**Peak Performance Training Series** - This class is comprised of 45 minutes of cycling coupled with 45 minutes of strength/flexibility/mobility and trunk stabilization with Jeff Goldsmith, Tommy Jerome, and David Lind. Perfect for runners, skiers, cyclists and any other life athlete looking to build a stronger base of fitness during the fall and winter months. See below for class pricing. Please sign up at the front desk.

<p><b>XBC Pricing</b></p> <p><b>\$40 FOR ONE MONTH</b></p> <p><i>XBC Daily Drop-in rates - \$15</i></p>	<p><b>Peak Performance Six Week Series</b></p> <p><b>1/x per week for 6 weeks - \$120</b></p> <p><b>2/x per week for 6 weeks - \$200</b></p> <p><i>Drop-in rates - \$20</i></p>	<p><b>Ballard Boot Camp:</b></p> <p>Please visit our website for more information and pricing. <a href="http://www.ballardbootcamp.com">www.ballardbootcamp.com</a></p> <p><b>All Other Class Pricing:</b></p> <p>6 classes for \$60 (\$85 for non-members)</p> <p>12 classes for \$120 / \$15 drop-in fee</p>
---	---	--