



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<h2>February Move2Win 2018</h2> <h3>*Featured Classes*</h3>			*GoldMedal Session* 7am-Manny Noon-Lara 5pm-Natalie Speed and Agility 6:30pm	*GoldMedal Session* 7am-Manny 10am-Sam	Become a Swimmer 10am
Performance Training Center 10am CARDIO & Core 2pm	*GoldMedal Session* 9am-Robyn 11am Jean 4pm-Lara TRX Training- 1pm	*GoldMedal Session* 7am-Brian 10:30am-Lara Nutrition Lecture-6pm Runners Clinic-7pm	*GoldMedal Session* 11am-Jean Become a Swimmer 6pm	*GoldMedal Session* 7am-Manny Noon-Lara 5pm-Natalie Speed and Agility 6:30p3	*GoldMedal Session* 7am-Manny 10am-Sam	Become a Swimmer 10am
Performance Training Center 10am CARDIO & Core 2pm	*GoldMedal Session* 9am-Robyn 11am-Jean 4pm-Lara TRX Training 1pm	*GoldMedal Session* 8am-Matt 10:30am-Lara Climb2Win-9-11am Runners Clinic-7pm	*GoldMedal Session* 11am-Jean Become a Swimmer 6pm	*GoldMedal Session* 7am-Manny 5pm-Natalie Speed and Agility 6:30pm	*GoldMedal Session* 7am-Manny 10am-Sam	Become a Swimmer 10am
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Class Descriptions

Gold Medal Session (Fitness Desk)

Train like an athlete in these Private one on one sessions designed specifically towards YOUR GOALS!

Nutrition Lecture (Community Room)

- Join Registered Dietitian Alicia Huggler for a one hour information session on the latest diet "trend" Intermittent Fasting. Learn its benefits and how it can work for you!

Cardio and Core (Treadmills)

- Challenges your overall power, recovery and endurance through a variety of ab strengthening exercises and alternative ways to use the cardio equipment.

Triathlon Gold Medal Session (Fitness Desk)

- Receive a one and a lifetime opportunity to train with Elite level triathlon coach, Lara Mele. She can assist you in preparing for upcoming summer races in the pool, treadmill or on a bike!

TRX Training (Turf)

- Challenge yourself with this total body apparatus that will work all muscle groups while engaging your core and shredding body fat!

Become a Swimmer (Indoor pool)

- Whether you are a triathlete trying to improve your freestyle, a lap swimmer with an urge to eventually compete or someone wanting to be able to breathe properly in the water, learn the butterfly or do a flip turn... Become a Swimmer is for you.

Performance Training Center (Turf)

- Train like an athlete! Classes will focus on building strength and improving your conditioning.

Speed and Agility (Basketball Court)

- Channel your inner olympian in this class focused on improving your overall speed, mobility, and movement patterns.

OperationKO (Turf)

- A combination of boxing, strength training and conditioning, aimed at helping you lose body fat and develop a strong and confident physique. OperationKO teaches boxing skills and techniques and incorporates them into a HIIT (High Intensity Interval Training) class complete with gloves, pads and heavy bag training.

Climb2Win (Climbing Wall)

- Defy gravity while you scale the Climbing Wall. Raise your heart rate with a speed climb, or work on endurance with our 200 ft challenge!