

Tates Total Training

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
5:30 am	Body Pump <i>Lyndsee</i>	Balls & Bands <i>Scott</i>	Body Pump <i>Debbie</i>	Sunrise Yoga <i>Leslie Mo</i>	Body Pump <i>Lyndsee</i>		
8:30 am	Cardio Burst <i>Scott</i>		Kettle bells/ Gluts & Abs <i>Lyndsee</i>		PiYo <i>Julie</i>	8:00 am	Sculpting & Toning <i>Susan</i>
12:15 pm	Functional Fitness <i>Julie T</i>		Functional Fitness <i>Julie T</i>		Tai Chi <i>Scott</i>	9:00 am	Body Pump <i>Debbie</i>
						10:00 am	Turbo Kick <i>Sheila</i>
4:30 pm	Kick Boxing <i>Scott</i>	PiYo <i>Julie</i>	Balls & Bands <i>Scott</i>	H.I.I.T. <i>Susan</i>	Boxing <i>James</i>		
5:30 pm	Body Pump <i>Trisha</i>	Zumba <i>Leslie Mo</i>	Body Pump <i>Lyndsee</i>	Kick Boxing <i>Scott</i>	Body Pump <i>Sheila</i>	Winter 2012 TatesTotalTraining.com 817-341-6550	
5:45 pm		Boot Camp <i>Trisha \$</i>		Boot Camp <i>Trisha \$</i>			
6:30 pm	M.M.A. <i>James \$</i>	Karate <i>Sam \$</i>	M.M.A. <i>James \$</i>	Karate <i>Sam \$</i>			

Ball & Bands: 45 minute class utilizing stability balls and tube bands to strengthen and tone all muscle groups.

Body Pump: A rapid fat-burning workout using adjustable barbells. Fastest way to tone & condition muscles!

Boxing: Burn major calories with intervals of boxing and body weight conditioning.

Boot Camp: 4 weeks - fun, motivating class for all fitness levels. Burn calories; improve strength, flexibility and overall health.

Functional Fitness: Aerobic, flexibility & strength training, focusing on joint stability, balance, coordination, agility & endurance!

Cardio Burst: 30 minute Cardio Intense work out (good for all fitness levels)

Kettle bell/Gluts & Abs: One hour class that mixes kettle bell training and a fierce gluts & abs work out for FAST results!

H.I.I.T.: High Intensity Interval Training - will sculpt your muscles and challenge your cardio level. Fun & effective!

Kick Boxing: High energy class using martial arts, including balance, power and core work.

M.M.A.: Fee based martial arts class for all ages and fitness levels. Never thought you could do martial arts? Come try it!

PiYo: A perfect fusion of Pilates & Yoga - strength building, calorie burning! For beginners to advanced!

Sculpting & Toning: 1 hour class of sculpting all areas of your body! Tighten up those problem areas! Great for any fitness level!

Tai Chi: Rhythmic, relaxing movements that will help focus, alignment & breathing. Great for all fitness levels & helps with arthritis!

Turbo Kick: Combination of kickboxing and hip hop dance to high energy music. Fun & effective cardio workout!

Yoga: Stretch out those tense muscles! Lengthen your muscles and increase your range of motion!

Zumba: Fuses hypnotic Latin rhythms & easy moves to create a one-of-a-kind fitness workout that will blow you away!