



Fall/Winter 2022

126 N. Elm Street ☐ Weatherford, TX
76086 Studio: 817-341-6550

Childcare Hours: 8:30AM ☐ 11:00AM
4:30PM ☐ 6:30PM

TIME	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:00 AM	BODY PUMP	CYCLE CIRCUIT	KICK BOXING	SPIN	SGT	
5:00 AM	<u>SMALL</u>	<u>GROUP</u>	<u>TRAINING</u>	<u>IS</u>	<u>FEE</u>	<u>BASE</u>
8:00 AM						SPIN
8:30 AM		BODY PUMP			BODY PUMP	
9:00 AM						KICK BOXING
10:00 AM	BOOMERS	BOOMERS YOGA		BOOMERS YOGA	BOOMERS	
4:30 PM	STRENGTH CIRCUIT	CIRCUIT	BODY PUMP	CIRCUIT		
5:30 PM	STRENGTH CARDIO	SPIN	Body Pump	ZUMBA		

Class Descriptions

Additional Cost for: **Small Group Training (SGT)**

SGT : A 1 hr high-intensity interval training (HIIT) workout designed to improve strength and build lean muscle through cardio, strength, plyo, and tabata.

BODYPUMP® : Using light to moderate weights with lots of repetition, BODYPUMP® gives you a total body workout. It will burn up to 590 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music.

Spin: Spinning is an excellent workout to strengthen your heart and tone your legs.

Kickboxing: Using a boxing bag, kickboxing is one of the best body-shaping fitness classes available. Benefits include fat loss, muscle toning, increased flexibility, better circulation, and most of all stress relief.

Boomers: Provides a variety of exercises designed to increase muscular strength, flexibility, balance, range of movement and skills required during activities for daily living, healthy living, relaxation, and stress relief.

Yoga: Yoga is a great way to work on your flexibility, strength, posture; breathing, stress levels, and is great for the heart! **BOOMERS YOGA**- standing or seated yoga poses specially adapted for seniors at any level of health and fitness.

T3 HIIT: High intensity interval training. Core balance stability Reactive plyo and hand eye coordination.

T3 STRENGTH: Improves overall strength and muscle endurance. Increases bone density. Reps + volume ladies, do not skip this workout if you want long lean and tone muscles.

T3 CIRCUIT: Functional movement core balance and stability some reactive.

T3 BOXING CIRCUIT: High intensity heavy bag and speed bag work, hand eye coordination, footwork, box work.

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