

Results – Total Fitness Training Schedule 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am						*7am Small Group Personal Training	Call 205-566-2926 for Personal Training
8:15am		*Small Group Personal Training (appointment required)		*Small Group Personal Training (appointment required)		*8am Small Group Personal Training	
9:15am	Call 205-566-2926 for Personal Training				Call 205-566-2926 for Personal Training	*9am Small Group Personal Training	
11:30am						Call 205-566-2926 for Personal Training	
12:30pm			Call 205-566-2926 for Personal Training		Call 205-566-2926 for Personal Training		
4:00pm							
5:00pm-7:00pm	*4:00-7pm Small Group Personal Training	*5:30-7pm Small Group Personal Training	*4:00-7pm Small Group Personal Training	*5:30-7pm Small Group Personal Training			

***Indicates an additional fee is involved.**

Results – Total Fitness Training Class Descriptions

*Small Group Personal Training

If you want affordable personal training this is for you. You get an individual workout along with one to two other people in the same setting. It's a ton of fun! An appointment is required and additional fees apply.

Boot Camp Saturday 8am

This high impact, cardio driven class is for anyone who is serious about getting fit. It's the most fun you'll have all week!! All ages are welcome and no appointment is required. Get 10 Boot Camp classes for \$40.

Group Exercise Classes are available for groups of five or more by request. Cost is \$39/month.

Arthritis Foundation Exercise Program

This program is an exercise program designed specifically for people with arthritis using gentle activities to help increase joint flexibility and range of motion while helping maintain muscle strength. Please call 205-566-2926 for reservations.

Cardio Conditioning

This class incorporates 30 minutes of interval training followed by 15 minutes of cool down and stretch. High/Low aerobics including step and cardio moves combined with core work and an amazing stretch. It's a GREAT way to burn fat!

Total Body Training

Combine light cardiovascular training with strength training, and then some core work and a stretch in a 45 minute class and you have the perfect Total Body Workout.

On The Ball

Enjoy the ultimate core conditioning class.

Power Pilates

This class incorporates classic Pilate's movement and stretching for an overall healthy mind, body and spirit.

STRETCH!

Enjoy relaxing in the middle of the day with our new "STRETCH!" class which is designed to help you loosen tight muscles and relax your mind.