

SMALL GROUP TRAINING | SEPT - OCT 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																				
5:30-6:00am Drop-In Cecil H	5:30-6:00am Drop-In Cecil H		5:30-6:00am Drop-In Cecil H	5:30-6:00am Drop-In Cecil H	<b>Small Group Training Session Prices:</b> <table border="1"> <thead> <tr> <th></th> <th>30-Min.*</th> <th>60-Min.*</th> </tr> </thead> <tbody> <tr> <td>4-Pack</td> <td>\$84</td> <td>\$120</td> </tr> <tr> <td>8-Pack</td> <td>\$160</td> <td>\$224</td> </tr> <tr> <td>12-Pack</td> <td>\$216</td> <td>\$324</td> </tr> </tbody> </table> <p>*Autorenew pricing. See Trainer for single session pricing.</p> <p>Pricing differs, see trainer for prices</p> <p>Pricing differs, see trainer for prices</p> <p>Pre-registration required</p>			30-Min.*	60-Min.*	4-Pack	\$84	\$120	8-Pack	\$160	\$224	12-Pack	\$216	\$324								
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		10:00-11:00am Drop-In Adam G																								
10:00-10:30am Anything Goes Joe H	10:45-11:45am Reformer Pilates Erin M	10:00-10:30am Anything Goes Joe H	9:30 - 10:15am Beast Mode Rebecca L	8:30-9:00am Drop-In Cecil H	10:00-10:30am Intro to Kettlebell Peter P																					
		11:30am - 12:30pm Get Fit, Be Strong Rebecca L	11:00-11:30am Anything Goes Joe H	9:30 - 10:00am Serious Strength Jason N	10:00-11:00am Drop-In Gwen G																					
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12:00-1:00pm Drop-In Adam G	12:00-1:00pm Drop-In Adam G		12:00-12:30pm Stand Up Straight Dustin B	11:00am-12:00pm Anything Goes Joe H	<b>Found a group that interests you? Contact your trainer for more information!</b>  <table border="0"> <tr> <td>Adam Goerge</td> <td>adamgo@acac.com</td> </tr> <tr> <td>Cecil Hassell</td> <td>cecilh@acac.com</td> </tr> <tr> <td>Dustin Bugg</td> <td>jamesbu@acac.com</td> </tr> <tr> <td>Erin Mays</td> <td>erinmays@acac.com</td> </tr> <tr> <td>Gwen Goodwin</td> <td>gweng@acac.com</td> </tr> <tr> <td>Janine Kaestner</td> <td>janinek@acac.com</td> </tr> <tr> <td>Jason Noble</td> <td>jasonn@acac.com</td> </tr> <tr> <td>Joe Horton</td> <td>joeh@acac.com</td> </tr> <tr> <td>Peter Pelyny</td> <td>peterpe@acac.com</td> </tr> <tr> <td>Rebecca Lenhart</td> <td>rebeccal@acac.com</td> </tr> </table>		Adam Goerge	adamgo@acac.com	Cecil Hassell	cecilh@acac.com	Dustin Bugg	jamesbu@acac.com	Erin Mays	erinmays@acac.com	Gwen Goodwin	gweng@acac.com	Janine Kaestner	janinek@acac.com	Jason Noble	jasonn@acac.com	Joe Horton	joeh@acac.com	Peter Pelyny	peterpe@acac.com	Rebecca Lenhart	rebeccal@acac.com
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Small Groups subject to change based on Trainer's availability. Contact Trainer listed to confirm your group!

## DOWNTOWN | SMALL GROUP CLASS DESCRIPTIONS

Anything Goes with Joe H	A fun, varied intensity workout using any piece of equipment or toy we can get our hands on! This group is for exercisers of all levels.
Beast Mode with Rebecca L.	Turn your Beast Mode ON and get ready for a heart rate pumping, fat burning, power and strength building workout! This group is a large group kettlebell workout held in the Personal Training Studio.
Drop-In with Adam G	Provides creative strength challenges to take your workouts to the next level. (1 hr.)
Drop-Ins with Cecil H and Gwen G	Fast-paced, ever-changing workouts combining core strength, stability, muscle endurance, cardio and strength exercises to challenge you to exceed your goals.
Get Fit, Be Strong at 11:30am with Rebecca L	Burn fat and build muscle in a fun supportive environment. (1 hour)
Intro to H.I.I.T. Kettleball... with Peter P	Tabata intervals using kettlebells for a workout to help build strength and endurance.
Intro to Kettlebell with Peter P	Intro to learn the 7 basic Kettlebell lifts. You will learn safe and correct form to help you in ANY Kettlebell class at acac.
Kettlebell Hard-Style Practice with Peter P	Sessions to explore and practice hard-style, high intensity kettlebell workout programming.
Kettlebell Sports Lifts Practice with Peter P	Sessions to explore and practice kettlebell sport for competition, high intensity workout programming.
Parkinson's Punch It Out with Rebecca L	FUN boxing centered program adding agility and power specially programed for clients fighting PD! Please email and meet with Rebecca prior to attending first class.
Reformer Pilates with Erin C	Beginner to Intermediate Reformer class to lengthen and strengthen your muscles and advance your individual Pilates practice. Participants must have previous experience with the reformer to attend.
Serious Strength with Jason N	Focus on strength using heavier weights with relatively low repetition range and focusing on core strength and stability.
Stand Up Straight with Dustin B	Join Dustin Bugg for a new 30-minute small group to learn exercises that will strengthen your core and back, as well as improve posture and flexibility.

**STICK WITH ONE GROUP OR DROP IN ON DIFFERENT GROUPS EACH TIME TO TRY SOMETHING NEW!**