


AUGUST 2014

Group Training Schedule



ENHANCE YOUR WORKOUTS!
Pre/post workout treats available at the Bird Rock Fit Marketplace
Come check out our selection of items.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Power 2 MORNING 6:30am, 7:30am	2 Boot Camp! With Ryan 10:00am
3 Sprint/Function 10:00am	4 Power 3 MORNING 6:30am, 7:30am EVENING 5:30pm Kickboxing 6:15pm	5 Sprint/Core MORNING 6:30am, 7:30am, 9:30am EVENING 5:45pm, 6:30pm	6 Balance 1 MORNING 6:30am, 7:30am EVENING 6:00pm	7 Balance 2 MORNING 6:30am, 7:30am, 9:30am EVENING 5:45pm Kickboxing 6:30pm	8 Sprint/Function MORNING 6:30am, 7:30am	9 Boot Camp! With Andrew 10:00am
10 Balance 3 10:00am	11 Sprint/Core MORNING 6:30am, 7:30am EVENING 5:30pm Kickboxing 6:15pm	12 Endurance 1 MORNING 6:30am, 7:30am, 9:30am EVENING 5:45pm, 6:30pm	13 Endurance 2 MORNING 6:30am, 7:30am EVENING 6:00pm	14 Sprint/Function MORNING 6:30am, 7:30am, 9:30am EVENING 5:45pm Kickboxing 6:30pm	15 Endurance 3 MORNING 6:30am, 7:30am  ZUMBA PARTY! WITH Marina 5:30pm	16 Boot Camp! With Michelle 10:00am
17 Sprint/Core 10:00am	18 Strength 1 MORNING 6:30am, 7:30am EVENING 5:30pm Kickboxing 6:15pm	19 Strength 2 MORNING 6:30am, 7:30am, 9:30am EVENING 5:45pm, 6:30pm	20 Sprint/Function MORNING 6:30am, 7:30am EVENING 6:00pm	21 Strength 3 MORNING 6:30am, 7:30am, 9:30am EVENING 5:45pm Kickboxing 6:30pm	22 Sprint/Core MORNING 6:30am, 7:30am	23 Boot Camp! With Ryan 10:00am
24 Power 1 10:00am	25 Power 2 MORNING 6:30am, 7:30am EVENING 5:30pm Kickboxing 6:15pm	26 Sprint/Core MORNING 6:30am, 7:30am, 9:30am EVENING 5:45pm, 6:30pm	27 Power 3 MORNING 6:30am, 7:30am EVENING 6:00pm	28 Sprint/Function MORNING 6:30am, 7:30am, 9:30am EVENING 5:45pm Kickboxing 6:30pm	29 Balance 1 MORNING 6:30am, 7:30am	30 Boot Camp! With Ethan 10:00am
31 Sprint/Function 10:00am						

TEAM TRAINING SESSION DESCRIPTIONS *30 minutes each*

Strength This workout emphasizes full-body strength. Aiming for burnout by the 8- to 10-repetition range on each exercise, movements are performed at a slower pace to maximize muscular fatigue. Strength training is like laying the foundation of a house. A strong foundation means a strong, athletic, injury-free body. All movements can be modified to meet the needs of all bodies.

Power Like strength, but filled with power and faster-paced movements. Life doesn't move at a snail's pace, so it's important to train for those moments when quick action is required. This workout shows you how to generate power quickly, and decelerate that power for optimal safety. It also fast tracks muscle growth and fat loss. Get ready to break a sweat! All movements can be modified to meet the needs of all bodies.

Balance Naturally, we are all dominant on one side of the body versus the other. Integrating balance and unilateral (one-sided) movements can help even the playing field for more cohesive, full-body strength. Balance is also a challenge for the mind in that you'll need to enhance your focus in order to complete the workout successfully. All movements can be modified to meet the needs of all bodies.

Endurance In this workout we focus on lighter weights and more continuous movement patterns to challenge your body's endurance capacity. This workout will make you sweaty while focusing on the slow-twitch—or endurance-oriented—muscle fibers for a complete, functional, athletic body. All movements can be modified to meet the needs of all bodies.

Sprint/Function In order to maximize fat loss and muscle growth, fast-paced sprints trump moderate-intensity cardio hand over fist. This workout incorporates functional fitness exercises that will give your heart rate a serious boost while improving full-body strength. All movements can be modified to meet the needs of all bodies.

Sprint/Core This workout is all about high-intensity cardio interval training, abs and core work. Sprints help burn fat while the abdominal and core work helps to develop a strong, athletic midsection. All movements can be modified to meet the needs of all bodies.

Kickboxing Cross training at its finest. Fast-track your fitness with this workout that blends the principles of mixed martial arts and high-intensity interval training. Learn proper technique while you kick, punch and sweat your way through short-burst combos. You will literally fight to become a stronger, more disciplined athlete—all in only 30 heart-pounding minutes. Training gloves are provided. This class does not include hand-to-hand combat and is limited to six participants.

BootCamp BootCamp gives you the opportunity to put everything you've learned to the test. It incorporates all elements of fitness—strength, power, balance, endurance and sprints--into one heart-pounding workout. You'll leave sweat-drenched and smiling.

Get the Bird Rock Fit App

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