



# TATE'S TOTAL TRAINING









CHANGING BODIES, ONE REP AT A TIME

126 N. Elm Street – Weatherford, TX

76086 Studio: 817-341-6550

Daycare Hours: 8:00AM – 11:00AM

4:00PM – 7:30PM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	 KATIE		 KATIE			
5:30AM		Spin MELODY		Spin MELODY		
8:00 AM						<b>SPIN MIKE</b>
8:30 AM	 MELODY	 MICHAEL	 COLLETTE	 MICHAEL	 EXPRESS NATALIE	
9:00 AM	<b>BOOMERS</b> <u>Zoom Only</u> CYNTHIA		<b>BOOMERS</b> <u>Zoom Only</u> CYNTHIA		<b>BOOMERS</b> <u>Zoom Only</u> CYNTHIA	<b>KICK BOXING</b> AMY
9:30 AM	Spin EXPRESS MELODY					
4:30PM	<b>CYCLE- BOX</b> MIKE	Circuit Training JENNIFER	<b>STRENGTH CIRCUIT</b> LUIS	Circuit Training JENNIFER		
5:30PM	 MARY	Spin NIKI		<b>FIGHT CLUB</b> TRACEY		
6:30PM			<b>YOGA</b> ARIEL	Spin NIKI		

# Class Descriptions

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

**Cardio Boxing (SGT)**: a 30 minute high-intensity interval training (HIIT) workout designed to improve strength and build lean muscle through cardio, strength, plyo, and tabata.

**Beyond Barre**: is the unique body transforming ballet **Barre** workout that combines:

- Body Sculpting
- Fat Burning
- Muscle Lengthening
- **GlideBoard** for Cardio Fun with Incredible Results
- **Barre** to Sculpt the Thighs and Lift the Seat
- Weights to Tone the Arms
- Ab Work to Narrow the Waist

**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 – helping you achieve much more than you could on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**Circuit Training**: Burns major calories with intervals of HIIT cardio and body weight conditioning. Utilizes the 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, and 1 minute of rest.

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

**Yoga**: Yoga is a great way to work on your flexibility, strength, posture; breathing, stress levels, and is great for the heart!

**Step** : Using some great music, step is a choreographed routine of stepping up and down on a rectangular, square, or circular platform. Great for getting your heart and lungs in shape and toning your glutes! Step aerobics is a terrific cross-training activity for runners, cyclists, and walkers.

**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.

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