

Active Mobility Chiropractic and Rehabilitation Group

GROUP TRAINING

October Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 6:30a-Ready to Run a 5K 7:15a-High Intensity Interval
2	3 6:30a-TRX training (Beginner) 7:30a-Core Training 6:30p-High Intensity Interval Training 7:30p-Full Body Circuit	4 7:30a-Core Training 12:00p-Full Body Circuit 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition	5 6:30a-Technique-Running 7:30a-Technique Running 6:30p-Full Body Circuit 7:30p-Technique-Running	6 NO CLASSES	7 NO CLASSES	8 NO CLASSES
9	10 NO CLASSES	11 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition	12 6:30a-Technique-Hip 7:30a-Technique-Hip 6:30p-Full Body Circuit 7:30p-Technique-Hip	13 7:00a-TRX Training (Beginner) 7:30am Core Training 12:00p-Full Body Circuit	14 6:30a-TRX Training (all levels) 7:30a-Core Training 12:00p-Stretching & Flexibility 6:30p-Full Body Circuit	15 6:30a-Ready to Run a 5K 7:15a-High Intensity Interval 12:00p-Full Body Circuit
16	17 6:30a-TRX training (Beginner) 7:30a-Core Training 6:30p-High Intensity Interval Training 7:30p-Full Body Circuit	18 7:30a-Core Training 12:00p-Full Body Circuit 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition	19 6:30a-Technique-Chest 7:30a-Technique-Chest 6:30p-Full Body Circuit 7:30p-Technique-Chest	20 7:00a-TRX Training (Beginner) 7:30am Core Training 12:00p-Full Body Circuit	21 6:30a-TRX Training (all levels) 7:30a-Core Training 12:00p-Stretching & Flexibility 6:30p-Full Body Circuit	22 6:30a-Ready to Run a 5K 7:15a-High Intensity Interval 12:00p-Full Body Circuit
23	24 6:30a-TRX training (Beginner) 7:30a-Core Training 6:30p-High Intensity Interval Training 7:30p-Full Body Circuit	25 7:30a-Core Training 12:00p-Full Body Circuit 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition	26 6:30a-Technique-Rotator Cuff 7:30a-Technique- Rotator Cuff 6:30p-Full Body Circuit 7:30p-Technique- Rotator Cuff	27 7:00a-TRX Training (Beginner) 7:30am Core Training 12:00p-Full Body Circuit	28 6:30a-TRX Training (all levels) 7:30a-Core Training 12:00p-Stretching & Flexibility 6:30p-Full Body Circuit	29 6:30a-Ready to Run a 5K 7:15a-High Intensity Interval 12:00p- Weight loss & Nutrition
	31 6:30a-TRX training (Beginner) 7:30a-Core Training 6:30p-High Intensity Interval Training 7:30p-Full Body Circuit					

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TRX Training

This course is designed to educate clients in using the TRX with the focus on improving total body resistance exercise techniques using suspension training.
Beginner /45 Min class/ max 6 people

Core Training

This class is designed to educate on abdominal training with the focus being on core movements.
Core work is the foundation of any exercise, and we will facilitate movements to emphasis building a stronger core.
Beginner/ 20 Min class/ max 10 people

High Intensity Interval Training

This class is designed for individuals looking to improve strength and speed in any capacity.
HIIT training is a great way to improve cardiovascular health and muscular strength in shorter, more intense bursts.
Elite/ 45 Min class/ max 10 People

Full Body Circuit

All Levels/ 30 Min/ Max 10 People
This class is available to all ages and is designed to challenge any individuals looking improve their exercise routine.
This class will be educational and fun.

Technique Class

This class is meant to be educational with the focus being on technique and proper form in weightlifting.
Perfect for all ages getting back into (injury) or just starting a weight-training program.
All Levels/ 30 min class/ max 10 People

Stretching and Flexibility

This class is designed to educate in flexibility techniques that can be done in any environment.
Perfect for anyone from young athletes to seniors that want to continue to focus on injury prevention.
All Levels / 30 min class/ max 10 People

Weight Loss & Nutrition

This class is meant to prepare and motivate any individuals looking to lose weight and focus on clean eating. We will meet every week and keep each other accountable, while measuring biometrics and caloric intake. This class will be active and will include exercise.
All Levels / 30 min class/ max 10 people

Get Ready to Run a 5K

This class will continue over an 8-week program and will prepare any individual looking to run a 5K marathon.
We will progress bi-weekly and continue to prepare the mind and body for the race.
All Levels / 30 min class/ max 10 people