

Active Mobility Chiropractic and Rehabilitation Group

GROUP TRAINING

Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training	3 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition	4 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training	5 6:30p-Full Body Circuit 7:30p- Sport – Specific Training	6 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training	7 7:00a-Ready to Run a 5k
8	9 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training	10 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition	11 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training	12 6:30p-Full Body Circuit 7:30p- Sport – Specific Training	13 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training	14 7:00a-Ready to Run a 5k
15	16 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training 6:00p – Tabata Class 7:00p – Kettlebells	17 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition	18 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training 6:00p – Tabata Class 7:00p – Kettlebells	19 6:30p-Full Body Circuit 7:30p- Sport – Specific Training	20 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training	21 7:00a-Ready to Run a 5k
22	23 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training 6:00p – Tabata Class 7:00p – Kettlebells	24 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition	25 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training 6:00p – Tabata Class 7:00p – Kettlebells	26 6:30p-Full Body Circuit 7:30p- Sport – Specific Training	27 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training	28
29	30 6:30a – Full Body Circuit 7:00a – TRX Training 7:30a-Core Training 6:00p – Tabata Class 7:00p – Kettlebells	31 6:30p-Full Body Circuit 7:30p-Weight Loss & Nutrition				

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Class Schedule

Tabata Class

Tabata class is a cross between high intensity interval training and CrossFit. It's fast and packs Max results using 20 seconds work and 10 for eight rounds totally four minutes of exercise that's equivalent to an hour of long slow cardio. We will be using a combination of bodyweight exercises along with various resistance. Expect strength gains and fat loss and better use of oxygen giving aerobic and anaerobic The class will start with dynamic warm up including some mobility work(5 minutes warm-up),and 4 -4 minute rounds of Tabata with one minute rest in between ,followed by five minute cool down after class, and a feeling of wellbeing!

All levels/45min class

Instructor: Monique

Kettlebells

A fun and functional movement class that has deep roots in strength and determination! Most kettle bell moves are equivalent to Several resistance training moves in one fluid motion.

I will teach for the five basic kettle bell moves and then put them altogether in circuits for 30 minutes of instruction and exercise combined. Class will end with cool down and stretching

All levels/50 -60-minute class

Instructor: Monique

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

Instructor: Chris

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

Instructor: Chris

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

Instructor: Chris

Full Body Circuit

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.

All Levels/ 30 Min/ Max 10 People

Instructor: Chris

Sport – Specific Training

This class will focus on sport specific movements that will work directly with footwork, explosiveness, and overall strength and conditioning. We want to increase speed and agility working specifically on running mechanics and core strengthening.

All Levels/ 30 min class/ max 8 People

Instructor: Chris

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

Instructor: Chris