

# Active Mobility Chiropractic and Rehabilitation Group

## March Group Training Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			7:00a – Full Body Circuit 7:30a- Core Training	7:00a – HIITT raining 7:30a- Stretch/Mobility	7:00a – HIITT raining 7:30a- Stretch/Mobility  6:30p-TRX Training	No class
5	6	7	8	9	10	11
	7:00a – Full Body Circuit 7:30a- Core Training	7:00a – HIITT raining 7:30a- Stretch/Mobility  6:30pm- Full Body Circuit	7:00a – HIITT raining 7:30a- Stretch/Mobility	7:00a – HIITT raining 7:30a- Stretch/Mobility  6:30p-TRX Training	7:00a – HIITT raining 7:30a- Stretch/Mobility	7:00a-Ready to Run a 5k
12	13	14	15	16	17	18
	7:00a – Full Body Circuit 7:30a- Core Training	7:00a – HIITT raining 7:30a- Stretch/Mobility  6:30pm- Full Body Circuit	7:00a – Full Body Circuit 7:30a- Core Training	7:00a – HIITT raining 7:30a- Stretch/Mobility  6:30p-TRX Training	7:00a – Full Body Circuit 7:30a- Core Training	7:00a-YOGA  7:00a-Ready to Run a 5k
19	20	21	22	23	24	
	7:00a – Full Body Circuit 7:30a- Core Training	7:00a – HIITT raining 7:30a- Stretch/Mobility  6:30pm- Full Body Circuit	7:00a – Full Body Circuit 7:30a- Core Training	7:00a – HIITT raining 7:30a- Stretch/Mobility  6:30p- TRX Training	7:00a – Full Body Circuit 7:30a- Core Training	7:00a-YOGA
26	27	28				
	7:00a – Full Body Circuit 7:30a- Core Training	7:00a – HIITT raining 7:30a- Stretch/Mobility  6:30pm- Full Body Circuit				

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**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 emphasize building a stronger core.

**High Intensity Interval Training (HIIT):** 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.

**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.

**TRX:** 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

**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.

**Stretch/Mobility** This class is designed to educate in flexibility techniques. Perfect for anyone from young athletes to seniors that want to continue to focus on injury prevention.

**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.

**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.

**Yoga:** This one-hour all levels yoga class is great for beginners and those who already have an active practice. Everyone will be able to enjoy the benefits of linking our breath with our body as we move through each pose mindfully - allowing time for relaxation at the end of class. We will work on balance, strength and flexibility while creating a mind-body connection that will leave you feeling better than when you arrived. Yoga can reduce anxiety, stress and tension as well as create peace and calm. This all-levels class will have options to modify for a gentler practice as well as more challenging options for those who want it. Bring your own mat if you have one. We will have all the props including mats, blocks and straps. Please bring water, a towel and your sense of humor for this fun and mindful experience. Please wear comfortable clothing that allows you to move and stretch. Please do not eat right before class. Allow 1-2 hours to digest.

\*We have a limited supply of yoga mats, Yoga blocks and yoga straps. **LIMIT: 10 people per class. First come first served.**