

Active Mobility Chiropractic and Rehabilitation Group

April Group Training Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 7:00am - Strength and Core Training	4 6:30pm- Full Body Circuit	5 7:00am – TRX Training	6 6:30pm- Full Body Circuit	7 7:00am - Strength and Core Training	8 7:00a-Ready to Run a 5k 7:00a-YOGA
9	10 7:00am - Strength and Core Training	11 6:30pm- Full Body Circuit	12 7:00am – TRX Training	13 No Classes	14 No Classes	15 7:00a-YOGA
16	17 No Classes	18 6:30pm- Full Body Circuit	19 7:00am – TRX Training	20 6:30pm- Full Body Circuit	21 7:00am - Strength and Core Training	22 7:00a-Ready to Run a 5k 7:00a-YOGA
23	24 7:00am - Strength and Core Training	25 6:30pm- Full Body Circuit	26 7:00am – TRX Training	27 6:30pm- Full Body Circuit	28 7:00am - Strength and Core Training	29 7:00a-YOGA
30						

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Strength and 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.

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 Training: 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

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.

Limit 10 people per class: First come first served