

# Active Mobility Chiropractic and Rehabilitation Group

## Group Training Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				1 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	2 7:00am - Strength and Core Training (Chris)	3 7:00a-YOGA (Lisa)
4	5 7:00am - Strength and Core Training (Chris)	6 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	7 7:00am – TRX Training (Chris)	8 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	9 7:00am - Strength and Core Training (Chris)	10 7:00a-Ready to Run a 5k (Chris) 7:00a-YOGA (Lisa)
11	12 7:00am - Strength and Core Training (Chris)	13 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	14 7:00am – TRX Training (Chris)	15 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	16 7:00am - Strength and Core Training (Chris)	17 7:00a-YOGA (Lisa)
18	19 7:00am - Strength and Core Training (Chris)	20 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	21 7:00am – TRX Training (Chris)	22 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	23 7:00am - Strength and Core Training (Chris)	24 7:00a-Ready to Run a 5k (Chris) 7:00a-YOGA (Lisa)
25	26 7:00am - Strength and Core Training (Chris)	27 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	28 7:00am – TRX Training (Chris)	29 7:00am Full Body Circuit (Chris) 6:30pm- Full Body Circuit (Julia)	30 7:00am - Strength and Core Training (Chris)	

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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:** 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.

**Stretching/Mobility and Myofascial Release:** 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.