


































SUMMER 2011/12 GROUP PERSONAL TRAINING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 6:30am(1hr) SWEAT CAMP Training Studio		 6:30am (1hr) SWEAT CAMP Training Studio		 6:30am (1hr) SWEAT CAMP Training Studio	
	 9:00am(45min) SILVER FIT CAMP Training Studio		 9:00am (45min) SILVER FIT CAMP Training Studio		 8:00am (1hr) FIT CAMP Lang Park
 12:30pm (45min) FIT CAMP Training Studio	 12:30pm (45min) SUSPENSION Training Studio	 12:30pm (45min) SPIN Training Studio	 12:30pm (45min) FIT CAMP Training Studio	 12:30pm (45min) STRENGTH Training Studio	
 5:30pm (1hr) FIT CAMP Lang Park	 5:30pm (1hr) FIT CAMP Lang Park	 5:30pm (1hr) BOXING/ABS Lang Park	 5:30pm (1hr) BOOT CAMP Lang Park	 5:30pm (1hr) FIT CAMP Lang Park	
 5:30pm (1hr) BOOT CAMP Lang Park					
 6:30pm (1hr) BOXING/ABS Lang Park	 6:00pm (1hr) STRENGTH Training Studio	 6:30pm (1hr) FIT CAMP Training Studio	 6:00pm (1hr) BOXING/ABS Training Studio		
	 6:00pm (1hr) SPIN / STRETCH Training Studio		 6:00pm (1hr) SPIN / STRETCH Training Studio		

Kickstart Fitness – Group Training Schedule – Summer 2011/12 (v8.1)

SESSION GUIDE

 <h3>BOOT CAMP</h3> <p>A high-level intensity workout held at local parks and on the sand aimed at fast tracking huge improvements to your fitness level and burning plenty of calories at the same time! Boot Camp involves runs and sprints, sand bag work, hills and stair climbs, core strength exercises, as well as upper body and lower body strength exercises.</p>	 <h3>SUSPENSION TRAINING</h3> <p>Suspension training uses two harnesses suspended from above combined with your own body weight to provide one of the most effective full-body workouts you'll ever do. Suspension training is adaptable for ALL levels of strength and fitness, and is one of the most effective ways to build amazing core strength.</p>
 <h3>FIT CAMP</h3> <p>Our most popular unchoreographed workout held at local parks (when possible) aimed at bringing all clients up to a good level of fitness and keeping them there. Fit Camp sessions involve boxing, running, core strength exercises, as well as upper body and lower body strength exercises. <i>(Equipment Required: Cotton Boxing Liners)</i></p>	 <h3>SWEAT CAMP</h3> <p>This is our indoor strength/cardio session, aimed at a high intensity level of weight-loss and increase in cardio-vascular fitness. Everyone can work at their own level, but one thing's for sure – get ready to sweat! <i>(Equipment Required: Cotton Boxing Liners)</i></p>
 <h3>BOXING CARDIO</h3> <p>Our fast-paced aimed at improving client's cardio-vascular fitness levels through fast-paced cardio boxing. These sessions also aim to develop muscular strength and endurance through boxing-based strength exercises. <i>(Equipment Required: Cotton Boxing Liners)</i></p>	 <h3>ABS CAMP</h3> <p>A fast-paced 30-minute workout designed to absolutely blast your abs! In this session we work on your front abs (ie. your six-pack), side-abs (your obliques) and lower back. We focus on both toning and core strength so that after just one 30 minute Abs Camp session per week you'll definitely start to see some visible changes in your mid-section!</p>
 <h3>SPIN</h3> <p>These sessions are a high-intensity cardio workout using our own spin bikes located in the training studio, aimed primarily at increasing fitness and improving weight-loss. <i>(Equipment Required: Towel and Water Bottle)</i></p>	 <h3>STRETCH CLASS</h3> <p>An entire class dedicated specifically to stretching, very effective at increase in flexibility of the muscles and body, improving balance and coordination, improvement of circulation, reduction of pain in joints and muscles, stress reduction... the benefits go on and on!</p>
 <h3>STRENGTH</h3> <p>This is our strength-based session using barbells and weights to improve physical strength and endurance, while also giving a great cardio workout at the same time. <i>(Equipment Required: None – but gym gloves recommended)</i></p>	 <h3>ZUMBA®</h3> <p>The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!</p>