

SPECIALTY TRAINING SESSIONS SCHEDULE

Effective as of February 13th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	"HIIT" (In Raquetball Court #3)				
10:30 AM		"TRX" (In Multi-Sport Court)		"HIIT" (In Group Ex Room)	
NOON	"TRX" (In Group Ex Room)			"TRX" (In Multi-Sport Court)	
5:30 PM			"TRX" (In Multi-Sport Court)		
6:30 PM		"R.I.P.P.E.D." (In Group Ex Room)			"R.I.P.P.E.D." (In Group Ex Room)

All Training Sessions are instructed by certified Personal Trainers.

NEW!

"HIIT" – (High Intensity Interval Training)

This session is an enhanced form of interval training. It is an intense workout that focuses on speed during the exercises that will help you lose up to 9 times more fat than a similar cardio workout.

NEW!

"R.I.P.P.E.D." – (Resistance, Intervals, Power, Plyometrics, Endurance, Diet)

This total body, high intensity style session, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.

"TRX" - This popular suspension training session builds strength, flexibility, and endurance while burning calories and strengthening your core. TRX harnesses the way your body naturally moves.



Cost per session

NAC Members = \$5 per Session or
10 Session punch card for \$40

Non-members = \$12 per Session

Space In each Specialty Training Session is limited.

Payment must accompany reservation which can be made at the front desk.

