




**STRONGER  
TOGETHER**



**ALLOY GROUP  
TRAINING  
SCHEDULE**

**VERSION 12.13.17**

Oak Branch						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Afterburn/Industrial Strength		6:00AM Afterburn/Industrial Strength		6:00AM Afterburn/Industrial Strength		
	8:30 AM Afterburn/Industrial Strength		8:30 AM Afterburn/Industrial Strength		9:00 AM Foundations	
9:30 AM Afterburn/Industrial Strength	9:30 AM Foundations	9:30 AM Afterburn/Industrial Strength	9:30 AM Foundations	9:30 AM Afterburn/Industrial Strength		
					10:00 AM** Afterburn/Industrial Strength	
	12:15 PM Afterburn/Industrial Strength		12:15 PM Afterburn/Industrial Strength		 MYZONE Members WELCOME SATURDAY 10:00am AFTERBURN <b>FREE</b>	
6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength		

Green Valley						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00AM **MUST ENROLL** Afterburn/Industrial Strength		6:00AM **MUST ENROLL** Afterburn/Industrial Strength			
	7:30 AM Foundations		7:30 AM Foundations		8:00 AM Foundations	
9:00 AM Afterburn/Industrial Strength		9:00 AM Afterburn/Industrial Strength		9:00 AM Afterburn/Industrial Strength		
					10:00 AM Afterburn/Industrial Strength	
12:15 PM Afterburn/Industrial Strength		12:15 PM Afterburn/Industrial Strength		12:15 PM Afterburn/Industrial Strength	 MYZONE Members WELCOME to participate in SATURDAY 10:00am AFTERBURN <b>FREE</b>	
				5:30 PM Afterburn/Industrial Strength		
6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength			
	6:30 PM Foundations		6:30 PM Foundations			

**FOUNDATIONS**

You can't build a great home without a solid foundation. Likewise, before we begin to build more advanced layers of fitness, you first need to establish proper movement and a base level of conditioning. With a challenging, full-body program, Foundations will ensure that you avoid injury, make progress at your pace and begin the path to success.

**AFTERBURN**

Are you ready for something different? Many people strength train with weights, while others do cardio or aerobics - somewhere in between is Afterburn, the ultimate fat loss workout. Some of the tools and techniques may seem new to you, but many have been around for over 100 years! Not only will you burn up to 1,000 calories an hour, but you will continue to burn fat and calories up to 48 hours after your workout is complete.

**INDUSTRIAL STRENGTH**

Want to get stronger, slimmer and more athletic? I.S. is the solution. Working with heavier loads and fewer reps means more strength without bulk. This program combines old-school tools with modern science to provide you with the fastest path to better strength and conditioning.

**SMALL GROUP PERSONAL TRAINING**

Looking for a little more attention? In the Small Group setting, we will place you in the proper level of training for your goals and concerns. During your training sessions, you will meet with one of our certified trainers in our Small Group format (2-4 people). In this personalized setting, you will benefit from in-depth instruction while focusing on your specific goals.

\*\* All Sessions are Fee Based. Please contact Director of Training for further Information

Visit us online at [www.clubfitnessgo.com](http://www.clubfitnessgo.com)

Oak Branch 336.851.1890 Lara Gallert

Green Valley 336.275.1391 Robin Glasgo