



Group Fitness Classes | December 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:30am
TRX
(55min)
with Kim

8:00am
TYE4 Pilates
(60min)
with Ashley

8:30am
HIIT TRX
(60min)
with Kim

9:00am
TYE4 Pilates
(60min)
with Ashley

8:30am
TRX
(60min)
with Sandy/Annie

9:30am
Yoga Therapy
(60min)
with Kate

11:00am
Gentle Yoga
(60min)
with Kate

**** If you have any concerns as to which classes are suitable for you, please contact Kim Whittaker.***

\$20 per class / \$200 monthly unlimited

For reservations, email Kim Whittaker: kwhittaker@groveliving.com



JIM COTTA

Fitness Director

jcotta@groveliving.com / 615.477.0380

KIM WHITTAKER

Personal Trainer & Group Fitness Instructor

kwhittaker@groveliving.com / 615.477.3776

Fitness
PROGRAMS

PRICING

» **PERSONAL TRAINING**..... 60 min: **\$85**
90 min: **\$110**

(10) 60 min personal training sessions: **\$750**

(10) 90 min personal training sessions: **\$1000**

60 min partner training: **\$110**

90 min partner training: **\$150**

(10) 60 min partner training sessions: **\$900**

(10) 90 min partner training sessions: **\$1300**

» **FITNESS PROGRAM DESIGN**..... **\$225**
(includes assessment, program, & one session)

» **FITNESS CLASSES**..... **\$20/class**
* monthly unlimited: **\$200**

» **FOOD PLAN**..... **\$225**
(includes a custom 4 week meal plan, measurements, weigh-ins, & check-ins)
* continued: **\$150/month**

20% discount on food plans for those currently using personal training packages

CLASSES

» **CARDIO BOXING**

This total body workout will condition, tone and shape you all while learning correct kickboxing technique and having fun!

» **GENTLE YOGA**

This relaxing style of yoga is a great practice for everyone and anyone. It is a low impact class that will deepen flexibility, help with balance, & strengthen muscles to protect your joints. Most of the practice will be done using the support of a chair from a seated position. This is a great class if you have an injury or are recovering from one. You will gain all of the benefits of a traditional yoga practice such as improved range of motion, muscle tone, better breathing habits, reduction of stress, mind-body connection, better sleep, and a greater sense of well-being.

» **HIIT TRX TRAINING**

Are you ready to get in the best shape of your life with High Intensity Interval Training (HIIT)? HIIT TRX is our newest class and incorporates TRX strength with HIIT. It's a cardio-intensive class that incorporates plyometric drills, kettlebells, dumbbells with intervals of TRX power, resistance and core training.

» **TRX TRAINING**

TRX is a suspension training device that uses body weight exercises to develop strength, balance, flexibility as well as joint and muscular stability.

» **TYE4 PILATES**

TYE4 Pilates is a total body workout that uses a unique wearable resistance/assistance harness that functions as a Reformer machine. This bungee system can be used on the mat, standing, and even in a chair. Beginners will use the TYE4 to assist the movements, while advanced participants will apply it for resistance. This class consists of TYE4 Mat and Standing Pilates, which will improve body positioning and muscle awareness, strength, stamina and balance. This class will leave you feeling stronger, balanced with better body alignment and posture.

» **YOGA THERAPY**

Therapeutic Yoga offers a slow, gentle, and intentional approach to postures. Class begins with a focus on connecting to the breath and transitions into connecting the breath with movement. A Therapeutic Deep Stretch class will reduce aches and pains, prevent injuries, enhance athletic performance, increase flexibility and relieve tension.

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