



Group Fitness Classes | January 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:45am
Pound
(45min)
with Sandy/Mandy

8:00am
TRX Circuit
(50min)
with Sandy/Annie

9:00am
TYE4 Pilates
(60min)
with Ashley
R.S.V.P. Required

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

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

9:00am
TYE4 Pilates
(60min)
with Ashley
R.S.V.P. Required

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

1-7 classes: \$20 per class / 8 or more classes: \$15 per class
For reservations, email Kim Whittaker: kwhittaker@groveliving.com



JIM COTTA
Fitness Director
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KIM WHITTAKER
Personal Trainer & Group Fitness Instructor
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FF
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

» POUND

This fitness jam session utilizes lightly weighted drumsticks (Ripstix) to tone your arms, core, and legs in a profound way. Oh, and it's a crazy, sweaty fun way to POUND calories and stress away! From start to finish you are always moving, always changing positions, and always pushing the body to its limits. Plus, the time flies by! It moves from warm up to cool down in just 45 minutes. If you are craving a FUN total body, cardio interval workout, then this is the class for you! All positions can be modified to fit any fitness level.

» 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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