



**TATE'S**  
**TOTAL TRAINING**  
CHANGING BODIES, ONE REP AT A TIME

|          | <u>MONDAY</u>    | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|----------|------------------|----------------|------------------|-----------------|---------------|-----------------|
| 5:00 AM  | BODY PUMP        | PILATES        | Power Step       | SPIN            | BODY PUMP     |                 |
| 5:00 AM  | <u>SMALL</u>     | <u>GROUP</u>   | <u>TRAINING</u>  | <u>IS</u>       | <u>FEE</u>    | <u>BASE</u>     |
|          |                  |                |                  |                 |               |                 |
| 8:00 AM  |                  |                |                  |                 |               | SPIN            |
| 8:30 AM  |                  | BODYPUMP       | BARRE            | BARRE           | BODYPUMP      |                 |
| 9:00 AM  |                  |                |                  |                 |               | KICK BOXING     |
| 10:00 AM | BOOMERS          | BOOMERS YOGA   |                  |                 | BOOMERS       |                 |
| 4:30 PM  | STRENGTH CIRCUIT | STEP           | BODY PUMP        | T3 CIRCUIT      |               |                 |
| 5:30 PM  |                  | SPIN           | Pilates          | ZUMBA           |               |                 |

# Class Descriptions

*Additional Cost for: **Small Group Training (SGT)** \$by the class or by the month*

**SGT**: A 30 minute high-intensity interval training (HIIT) workout designed to improve strength and build lean muscle through cardio, strength, plyo, and tabata.

**BODYPUMP™**: Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music.

**Spin**: Spinning is an excellent workout to strengthen your heart and tone your legs.

**Kickboxing**: Using a boxing bag, kickboxing is one of the best body-shaping fitness classes available. Benefits include fat loss, muscle toning, increased flexibility, better circulation, and most of all stress relief.

**Boomers**: Provides a variety of exercises designed to increase muscular strength, flexibility, balance, range of movement and skills required during activities for daily living, healthy living, relaxation, and stress relief.

**Yoga**: Yoga is a great way to work on your flexibility, strength, posture; breathing, stress levels, and is great for the heart! **BOOMERS YOGA**- standing or seated yoga poses specially adapted for seniors at any level of health and fitness.

**T3 HIIT**: High intensity interval training. Core balance stability Reactive plyo and hand eye coordination.

**T3 STRENGTH**: Improves overall strength and muscle endurance. Increases bone density. Reps + volume ladies, do not skip this workout if you want long lean and tone muscles.

**T3 CIRCUIT**: Functional movement core balance and stability some reactive.

**T3 BOXING CIRCUIT**: High intensity heavy bag and speed bag work, hand eye coordination, footwork, box work.

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