



## 30-Minute Small Group Training Programs

- Kettlebell**
- RowX**
- Ballistic**
- GRIT**
- Suspension**
- AMRAP**
- Tabata**
- Ropes**

### TEAM30 July Schedule 2015

Team 30 Training on Turf

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15 a.m.	RowX	Ropes	GRIT Cardio-1,15,29 Plyo-8,22	Kettlebell	GRIT Strength			
6:00 a.m.		GRIT Mash Up		Tabata		8:30 a.m.	AMRAP	
8:45 a.m.	GRIT Cardio-6,20 Strength-13,27	Suspension	GRIT Strength-1,15,29 Plyo-8,22	Tabata	RowX	9:30 a.m.		GRIT Mash Up
5:30 p.m.	Kettlebell	Suspension	Ballistic	GRIT Cardio-2,16,30 Plyo-9,23				

#### TEAM30: The Power Of Personal Training with the Motivation of a Team

- Register for your free trial at [PerformanceForHealth.com/TEAM30](http://PerformanceForHealth.com/TEAM30)
- 8 programs to deliver the results you need in 30 minutes
- You can then schedule the sessions you want to take part in at [myiclubonline.com](http://myiclubonline.com) or at the front desk
- Based on the science of high intensity interval training (HIIT)
- Classes are limited to 12 people
- Get super fit, super fast and burn calories and fat
- Highly-charged, certified coaches give you one-on-one attention

See reverse side for TEAM30 program descriptions





## Policies & Programs

### TRAINING PROGRAM POLICIES

- **RESERVATIONS:** You may reserve your spot for class online at [www.myiclubonline.com](http://www.myiclubonline.com) or call/stop by the front desk up to 2 weeks in advance.
- **CANCELLATIONS:** If you sign up for a class and need to cancel, please go online to [myiclubonline.com](http://myiclubonline.com) or call the front desk at 319.665.2548. As a courtesy to other members, please cancel at least one hour in advance of class start time.
- **WAITING LIST:** You may go online/contact the front desk and put your name on the waiting list.
- **STAND-BY:** You may also show up for a class with the chance of getting in if someone does not show.

### TRAINING PROGRAMS

**Kettlebell** - Kettlebells increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total body movements.

**GRIT** – From the makers of the world’s leading group exercise classes, Les Mills International, this high intensity interval training program will get you fitter, faster. Sessions include strength, cardio, and plyometric focused exercises.

**Tabata** – The Tabata training protocol is scientifically supported to increase both aerobic and anaerobic capacity. Using specific work-to-rest intervals, this program is sure to get your muscles burning and your blood pumping.

**The Ropes** – Using battle ropes & jump ropes, this core, strength and cardio program will work every muscle in your body and peak your heart rate as you create power through motion.

**RowX** – Rowing is one of the best full body exercises around, targeting your core, arms, legs and even your mind. But this isn’t a relaxing day at the lake as each session includes an unknown variable sure to challenge your fitness and determination, something we like to call the “X” factor.

**AMRAP** – As Many Rounds As Possible - In AMRAP you will be performing a circuit of exercises as many times as you can in a specific amount of time. This type of training will challenge you both physically and mentally. If you have a competitive spirit, this might be the class for you. Watch your numbers improve from week to week! This class will not only improve your strength but your cardiovascular endurance too!

**Ballistic** – Using weighted medicine balls along with stability balls this program focuses on core strength and functional movement to develop and tone muscles in a new challenging way.

For more information on TEAM30 Training Programs, go to  
[PerformanceForHealth.com/TEAM30](http://PerformanceForHealth.com/TEAM30) or  
contact **Becky Klutts** at [bklutts@perfther.com](mailto:bklutts@perfther.com) or  
**Erin Senio** at [esenio@perfther.com](mailto:esenio@perfther.com)

**Child Care Hours**  
Monday - Friday 8:30am - 1pm  
Monday -Thursday 4 - 7:30pm  
Friday 4 - 7pm  
Saturday 8am - noon  
Sunday Closed

**[PerformanceForHealth.com/TEAM30](http://PerformanceForHealth.com/TEAM30)**

**Club Hours**  
Monday - Thursday 5am -10pm  
Friday 5am - 9pm  
Saturday 7am - 7pm  
Sunday 7am - 7pm