

TEAM TRAINING

Small Group Training Programs

- ◆ Power Pilates**
- ◆ Cardio & Core**
- ◆ The Climb**
- ◆ B&B**
- ◆ SPRINT**
- ◆ RowX**
- ◆ Kettlebell**
- ◆ Rock Bottom**
- ◆ AMRAP**
- ◆ GRIT**
- ◆ Suspension**
- ◆ Ropes**
- ◆ Tabata**
- ◆ Ballistic**
- ◆ Burn Out**

Team Training December Schedule 2017

Team Training on Turf

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
**5:05 a.m.	Kettlebell	GRIT Cardio	SPRINT	The Climb	GRIT Strength			
**The start time listed in the computer is 5:00a.m.								
**5:35 a.m.	B&B	AMRAP	Power Pilates	Ballistic	Cardio & Core	8:30 a.m.	2-Cardio & Core 9-Suspension 16-The Climb 23-Ballistic 30-Tabata	
**The start time listed in the computer is 5:30a.m.9-								
9:00 a.m.	SPRINT	Ballistic	GRIT Strength-6,20 Cardio-13,27	Cardio & Core	Suspension	9:30 a.m.		AMRAP
**5:30 p.m.	Kettlebell	B&B	SPRINT @5:20pm	GRIT Cardio-2,16,30 Plyo-9,23				
**The start time listed in the computer is 5:15p.m for SPRINT.								

Maximize your results with heart rate based training!

Our Team Training coaches are committed to helping you meet your fitness goals. They coach using heart rate-based instruction with our MYZONE system to ensure you are reaching intensity levels that will achieve results. The MYZONE heart rate wearable will help you maximize your effort and can be purchased at Performance.

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

- 15 programs to deliver the results you need
- Based on the science of high intensity interval training (HIIT)
- Get super fit, super fast and burn calories and fat
- Motivating, certified coaches give you one-on-one attention



Policies & Programs

TRAINING PROGRAM POLICIES

- **RESERVATIONS:** You may reserve your spot for class online at 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 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

The Climb - Pyramid training is one of the most basic and effective methods for building muscle and strength. This type of training will utilize an increasing and/or decreasing sequence in weight, reps, sets, or time to help you maximize your goals.

Power Pilates - Power Pilates will empower you to discover your inner strength, transform mind and body, increase stamina, by using controlled, precise movements designed to stretch and strengthen muscle. Moves at a faster pace and more advanced level.

Cardio & Core - Blast your cardio fitness level through the roof with the best of any type of cardio & core training the instructor feels like throwing at you! You will challenge your aerobic and anaerobic threshold every time so come prepared to get your cardio & core work on!

SPRINT - This high intensity workout uses stationary bike resistance to simulate gravity for sprint training, drag for power training, and weight for strength training. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast and will continue to burn calories for hours after each workout.

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.

Rock Bottom - A killer 30 minute workout for your lower half which will include using weights, bands, bodyweight, plyometrics, along with other equipment to work your glutes, hamstrings, quadriceps, and stabilizing muscles. If you are looking for a class that specifically helps you to increase your balance, leg strength, functional movements as well as flexibility come check it out!

Suspension - Using suspension training straps, this program focuses on strength, balance, mobility and core stability. You are in control of how much you want to challenge yourself because you can adjust your body position to instantly adapt resistance.

Burn Out - Using both static and plyometric exercises, you will burn through each big muscle group to drive heart rates up, increase cardiovascular endurance and increase muscle strength. You will leave this class feeling the Burn!

B&B - Don't expect breakfast or a bed with this workout! This comprehensive, full body workout will not only challenge your balance and stability with the **BOSU** but will boost your stamina, flexibility, and range of motion with the **BANDS**. The bouncy surface will add a challenging and fun factor!

Child Care Hours

Monday - Friday 8:30am - 1pm
Monday - Thursday 4 - 7:30pm
Friday - 4 - 7:00pm
Saturday 8am - noon
Sunday Closed

For more information on TeamTraining Programs,
go to PerformanceForHealth.com/Team-Training or
contact Becky Klutts at bklutts@perfther.com

PerformanceForHealth.com/Team-Training

Club Hours

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