

# TEAM TRAINING

## Small Group Training Programs

- ◆ Cardio Yoga
  - ◆ Power Pilates
  - ◆ GRIT
  - ◆ Tabata
  - ◆ SPRINT
- ◆ Performance POWER
  - ◆ Suspension
  - ◆ Ballistic
  - ◆ Cardio Yoga
- ◆ Performance BURN
  - ◆ The Climb
  - ◆ RowX
  - ◆ AMRAP
  - ◆ Ropes

### TEAM Training December Schedule 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
<b>**5:05 a.m.</b>	GRIT Cardio	BURN 5:05-5:50am	SPRINT	POWER 5:05-5:50am	GRIT Strength			
<b>**The start time listed in the computer is 5:00a.m.</b>								
<b>**5:35 a.m.</b>	Suspension		Power Pilates			<b>8:30 a.m.</b>	1-Cardio&Core 8-POWER 15-GRIT 22-Suspension 29-AMRAP	
<b>**The start time listed in the computer is 5:30a.m.</b>								
<b>9:00 a.m.</b>	SPRINT	Ropes 9:15-9:45am	POWER	RowX 9:15-9:45am	Cardio Yoga 8:45-9:30am	<b>9:30 a.m.</b>		AMRAP
<b>**5:30 p.m.</b>	GRIT Cardio	Tabata	SPRINT 5:20pm	RowX				
<b>**The start time listed in the computer is 5:15p.m for SPRINT.</b>								

Team Training on Turf

#### 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

- Options provided for all levels
- Programs to deliver the results you need
- 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](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

**Performance POWER - (45 Minutes) - POWER** workouts will take your strength to a higher level with heavier loads and fewer reps, geared to help increase muscle mass and decrease body fat. Be ready for interval work using explosive movements that will increase speed, quickness and power. A warm up and cooldown will be included in your workout. A variety of equipment may be used.

**Performance BURN - (45 Minutes) - BURN** workouts will be a combination of interval cardio and strength training, a total body workout. A warm up and cooldown will be included in your workout. A variety of equipment may be used.

**Cardio Yoga** - 2 Blocks of work to get your heart rates up and blood flowing. The 1st block will consist of steady cardio using multiple pieces of equipment and body weight in different areas of the gym. Directly following, the 2nd block will be a 20 minute Power Flow series intending to increase your strength and flexibility while keeping your heart rate up. Great training for anyone wanting to get the benefits of yoga while still working to increase your cardiovascular health.

**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.

**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.

**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.

#### Child Care Hours

Monday-Friday 8:30am-1pm  
Monday-Thursday 4-7:30pm  
Friday Evening 4-7:00pm  
Saturday 8am-12pm  
Sunday Closed

For more information on TeamTraining Programs,  
go to [PerformanceForHealth.com/Team-Training](http://PerformanceForHealth.com/Team-Training) or  
contact Becky Klutts at [bklutts@perfther.com](mailto:bklutts@perfther.com)

[PerformanceForHealth.com/Team-Training](http://PerformanceForHealth.com/Team-Training)

#### Club Hours

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