

TEAM TRAINING

Small Group Training Programs

- ◆ Performance POWER**
- ◆ Cardio Yoga**
- ◆ Performance BURN**
- ◆ GRIT**
- ◆ Suspension**
- ◆ AMRAP**
- ◆ Tabata**
- ◆ Cardio & Core**
- ◆ SPRINT**
- ◆ RowX**

TEAM Training July Schedule 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
**5:05 a.m.	GRIT Cardio	POWER 5:05-5:50am	SPRINT	BURN 5:05-5:50am (No Class July 4)	GRIT Strength			
**The start time listed in the computer is 5:00a.m.								
**5:35 a.m.	AMRAP		Suspension-Core			8:00 a.m.	6-Tabata 13-@Centennial Park 20-AMRAP 27-AMRAP	Saturday, July 13 See back for details
**The start time listed in the computer is 5:30a.m.27-								
9:15 a.m.	SPRINT	BURN	POWER	Cardio & Core (No Class July 4)	Cardio Yoga			Taking the Rest of Summer Off
**5:30 p.m.	GRIT Cardio	AMRAP	SPRINT 5:20pm (No Class July 3)	ROWX (No Class July 4)				
**The start time listed in the computer is 5:15p.m for SPRINT.								

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



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

Performance POWER - 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 - 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.

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.

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!

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.

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.

We're taking the workout outside!

Saturday, July 13 - Meet at Centennial park at 8:00am near the rock park side.

**Weather updates will be posted on the TEAM Training Facebook page or you can call the front desk.
A decision will be made by 7:15am if the weather is an issue.**

Child Care Hours

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

**For more information on Team Training 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