

SMALL GROUP PERSONAL TRAINING

SPRING 2019

MON	TUE	WED	THU	FRI
		MORNING BUZZ 6:15-7:15am <i>Jane / Karen</i>		MORNING BUZZ 6:15-7:15am <i>Tom</i>
TURN BACK THE CLOCK 8:30-9:25am <i>Tom</i>		TURN BACK THE CLOCK 8:30-9:25am <i>Karen</i>	STRENGTH CIRCUIT *Fitness Room 9:30-10:25am <i>Jane</i>	
TURN BACK THE CLOCK 9:30-10:25am <i>Tom</i>	BALANCE TRAINING 9:30-10:25am <i>David</i>	TURN BACK THE CLOCK 9:30-10:25am <i>Karen</i>		TRX 9:30-10:15am <i>Karen</i>
	MOVE WELL: MOBILITY 10:30-11:15am <i>David</i>			
LUNCH CRUNCH 12:00-1:00pm <i>Trey</i>	LUNCH CRUNCH 12:00-1:00pm <i>David</i>	LUNCH PUNCH 12:00-1:00pm <i>Trey</i>	LUNCH CRUNCH 12:00-1:00pm <i>Tom</i>	TRX 12:15-1:00pm <i>Tom</i>
LAND & SEA 1:30-2:30pm <i>Karen</i>		LAND & SEA *Shallow/Deep Pool 1:30-2:30pm <i>Karen</i>		
YOUTH SPORTS TRAINING 3:30-4:30pm <i>Trey</i>	YOUTH SPORTS TRAINING 3:30-4:30pm <i>Trey</i>	YOUTH SPORTS TRAINING 3:30-4:30pm <i>Trey</i>	YOUTH SPORTS TRAINING 3:30-4:30pm <i>David</i>	YOUTH SPORTS TRAINING 3:30-4:30pm <i>David</i>
FOUR-THIRTY FITNESS CLUB 4:30-5:30pm <i>Trey</i>	YOUTH SPORTS TRAINING 4:30-5:30pm <i>Trey</i>	FOUR-THIRTY FITNESS CLUB 4:30-5:30pm <i>Trey</i>	YOUTH SPORTS TRAINING 4:30-5:30pm <i>David</i>	
	YOUTH FITNESS BOXING 5:15-6:00pm <i>Trey</i>			FITNESS HAPPY HOUR 5:30-6:15pm <i>Deanna</i>
CIRCUIT BREAKER 6:00-7:00pm <i>Trey</i>	ATHLETIC CROSS-TRAINING 6:00-7:00pm <i>Deanna</i>	TURN BACK THE CLOCK 6:00-6:55pm <i>Caryn</i>	KETTLEBELL TRAINING 6:30-7:30pm <i>Jeff</i>	
	TRX FUSION 7:00-7:45pm <i>Deanna</i>	THE BIG DOWNSIZE 7:00-8:00pm <i>Caryn</i>	FIT BOXING 7:30-8:30pm <i>Jeff</i>	
	YOUTH SPORTS TRAINING *Fitness Room 7:00-8:00pm <i>Sam</i>		YOUTH SPORTS TRAINING *Fitness Room 7:00-8:00pm <i>Sam</i>	

**HERNDON
COMMUNITY CENTER**
814 Ferndale Ave.
Herndon, VA 20170
703-787-7300
www.herndon-va.gov



**CLASSES RUN
MAR 11 - JUN 14**

**NEW REGISTRATION
FOR SUMMER OPENS
APR 24 (TOH)
APR 30 (NR)**