

CIRCUIT TRAINING CALENDAR



SIGN UP THROUGH MINDBODY

January

CLASSES BY APPOINTMENT ONLY! PLEASE CALL FOR AVAILABILITY 678-617-3824

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
30	31 6:30pm Circuit Training (CC)		www.performancepilatesga.com 2569 PEACHTREE PARKWAY SUITE 270 CUMMING, GA. 30041		CC – Chris Carter EW – Evette Walter FM – Frances Moonen CF – Claudette Foster	1 11am Circuit Training (CF)
2	3 6:30pm Circuit Training (CC)	4 6:30pm Circuit Training (CF)	5 9:30am Strength & Conditioning (CC) 6:30pm Circuit Training (FM)	6 6:30pm Circuit Training (CC)	7 9:30am Strength & Conditioning (CC) 12:30pm Kickboxing Express (EW)	8 10:15am Circuit Training (FM)
9	10 6:30pm Circuit Training (CC)	11 6:30pm Circuit Training (CF)	12 9:30am Strength & Conditioning (CC) 6:30pm Circuit Training (FM)	13 6:30pm Circuit Training (CC)	14 9:30am Strength & Conditioning (CC) 12:30pm Kickboxing Express (EW)	15 10:15am Circuit Training (CF)
16	17 6:30pm Circuit Training (CC)	18 6:30pm Circuit Training (CF)	19 9:30am Strength & Conditioning (CC) 6:30pm Circuit Training (FM)	20 6:30pm Circuit Training (CC)	21 9:30am Strength & Conditioning (CC) 12:30pm Kickboxing Express (EW)	22 10:15am Circuit Training (FM)
23	24 6:30pm Circuit Training (CC)	25 6:30pm Circuit Training (CF)	26 9:30am Strength & Conditioning (CC) 6:30pm Circuit Training (FM)	27 6:30pm Circuit Training (CC)	28 9:30am Strength & Conditioning (CC) 12:30pm Kickboxing Express (EW)	29 10:15am Circuit Training (EW)

Class Descriptions:

Circuit Training – Come join us for a 45-minute circuit training workout where we will focus on muscular strength and endurance through a series of exercises targeting the upper and lower body. The benefit of circuit training will be for those who are wanting to increase bone density, improve cardiovascular endurance, muscular strength, and toning your overall physique to feel better and stronger. Circuit training can help tackle weight loss, strength, and increase bone density, and increase performance in everyday life. We will make sure each movement is performed correctly and safely, address and muscle imbalances, and make sure we see progress in each movement that we perform.

Strength and Conditioning - This is a muscle building and conditioning class. Exercises will utilize a mixture of equipment and bodyweight to sculpt and define different muscle groups. The class is 45 minutes long. Each class will begin with a warmup then move through complementary circuits to ensure a total body strength training session with a focus on abs as well. The major focus here is strength training and challenging muscular endurance.

Kickboxing Express – A short but intense 30 minute class using boxing, kickboxing, and athletic conditioning techniques for a great aerobic and muscle strengthening workout. A great cross training workout for all levels.

Semi Private Training – A small group environment with 2 people will provide a personalized workout. The trainer will customize this group to your needs and goals. Available upon request – by appointment only.

Personal Training – A personal one-on-one session with one of our trainers. They will focus on your needs and goals, working you out to excel in areas you want to improve. Available upon request – by appointment only.

Pricing

Circuit Training/Strength & Conditioning/ Cardio Kickboxing/TRX (Drop in)	\$15	Circuit Training/Strength & Conditioning/ Cardio Kickboxing/TRX 10 Pack	\$120
*These classes are available for clients who have a Monthly Unlimited Group Package for no additional charge!			
Personal Training Single (Drop in) – 30 min	\$40	Semi Private Training (Drop in) – 45min	\$35
Personal Training 5 Pack – 30 min	\$175	Semi Private Training 5 Pack – 45 min	\$150
Personal Training 10 pack – 30 min	\$300	Semi Private Training 10 Pack – 45 min	\$250
Personal Training Single (Drop in) – 1 hr	\$60		
Personal Training 5 Pack – 1 hr	\$275		
Personal Training 10 Pack – 1 hr	\$500		

Our Trainers Available Upon Request:
Chris Carter - Frances Moonen

These are cash and check prices only. There will be an additional fee for credit cards.