

# SMALL GROUP PERSONAL TRAINING SESSIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am	STRENGTH	FITNESS	STRENGTH	FITNESS	STRENGTH	
9:15am	STRENGTH	FITNESS	STRENGTH	FITNESS	STRENGTH	FITNESS
10:00am						FITNESS
6:45pm	STRENGTH	FITNESS	STRENGTH	FITNESS	STRENGTH	

## SESSION DESCRIPTIONS

### STRENGTH

Strength training focusing on the whole body, you will work on a program for 4-6 weeks at a time to ensure you can progress with the program. These sessions are designed to improve functional strength, posture, decrease injury risk and build muscle, which in turn improves metabolism and fat burning.

### FITNESS

High intensity cardiovascular training with a range of different training styles including Circuit, Tabata, HIIT and more. These sessions are designed for cardiovascular fitness improvement and fat burning.

\*These sessions will only be available to participants in this years 8 week challenge.