

WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 6:00AM	LES MILLS Functional Strength		LES MILLS Functional Strength		LES MILLS Functional Strength
12:15 - 12:45PM		Fitness Fusion		Fitness Fusion	

Program Descriptions

LES MILLS FUNCTIONAL STRENGTH - A 45 minute workout that utilizes slow and controlled compound lifts with heavy weight, as well as super sets with explosive power movements, often utilizing unilateral or offset positions. Great for training athletic ability or preparing for every day movement patterns in life.

FITNESS FUSION - Combines strength training and metabolic training to help you see progressive results. You establish a baseline test entering the program and at the end of 8 weeks you will test out to measure your progress.