

# SMALL-GROUP TRAINING

Personalized training in a fun and collegial setting to help you reach your goals. From fat burn to athletic performance to low-impact body conditioning, choose your program and start today!

Looking for fast and comprehensive results? Try group Pilates Reformer for core strengthening, enhanced range of motion, and improved body composition.

**AGES 13+** *(unless otherwise specified)*

## ATHLETIC PERFORMANCE IMPROVEMENT

**AGES 9 – 15** | Improve your sports performance and get the most out of your workouts. Optimize speed, quickness, strength, movement, athletic conditioning, mobility, and stability. Sessions provide appropriate intensity and training volumes while maintaining a focus on injury prevention and athletic performance.

**AGES 16+** | Whether you are training for life goals or enhanced athletic performance, this class is dedicated to the development of muscular and cardiovascular endurance, balance, power, coordination, and reaction time while exploring all planes of motion. Sessions become progressively challenging as you enhance your skills using an array of strength and conditioning tools, such as kettlebells, medicine balls, sleds, plyo boxes, speed, agility, quickness drills, and more.

## BARBELL CLUB *(max 8 participants per class)*

This class focuses primarily on instructing and improving technical execution, efficiency, and coordination of Olympic lifts such as the snatch, clean and jerk, and others. Improve explosiveness and power, and achieve a better baseline with this program, geared for all levels.

## ENHANCED MOVEMENT

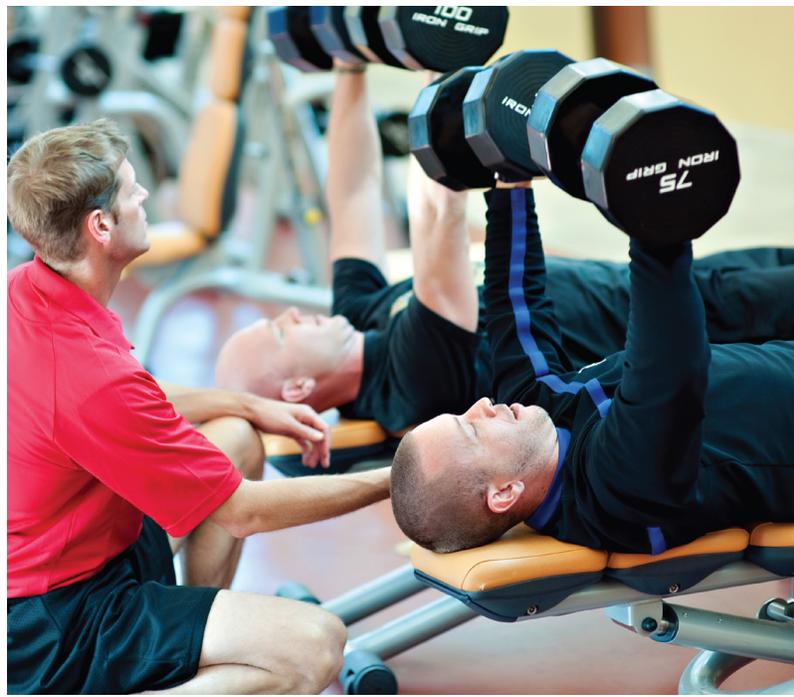
Centered on overall movement ability, sessions incorporate core activation, balance, stability, strength training, and flexibility to improve performance, prevent injury, continue the rehabilitation process, or recapture range of motion. Our specialists in corrective exercise/post-injury/rehab use mindful and practical applications to design programs that build confidence and skills. Our integrated approach increases strength and energy, and improves quality of life.

## FAT-BURN BOOT CAMP

Get your heart pumping with versatile workouts targeted for optimal fat burn – from bodyweight drills, circuit training, HIIT, and more – you'll never experience the same class twice. Allow us to elevate your experience.

## LEAN + TONE

Change the shape of your body and make the most of your time with an effective, purposeful exercise program that utilizes training protocols to shed fat and build lean muscle. Get the benefits of muscle building and toning in a fun class where options are endless.



## NUTRITION BOOT CAMP

Confused by all the fad diets and conflicting nutrition advice? Learn how to eat in a way that helps you reach your ideal weight and maintain it for life by mastering eight nutrition principles: hydration and nutrient status; learning the lingo; stress/sleep management; prioritizing protein; carb conundrum; fiber and vegetables; eating mindfully; partying with a purpose.

## PILATES REFORMER

Establish core stability, postural alignment, and reduce stress while you lengthen and strengthen your muscles in this low-impact, full-body workout. Springs, body weight, and leverage on the reformer provide resistance as we guide you through flowing sequences. This dynamic form of Pilates improves muscle endurance, promotes coordination, toning, balance, and injury prevention, and is beneficial for all fitness levels.

## STRENGTH GAIN

Develop greater movement ability under heavier loads to perform daily tasks with greater efficiency and overall confidence. Experience strength gain that translates to life.

## TRX MPACT

Push yourself to new levels! While this class emphasizes development of functional strength and lean muscle mass, it includes a healthy dose of heart-pumping conditioning drills to reset your system and give you an extra challenge in each session.

## TRX MPROVE

If you are just getting started or are new to TRX, this class will help you gain the confidence you need to progress.

## TRX MPULSE

Improve your cardio and muscle-building endurance, lose weight, and burn calories. This fun, high-intensity, interval-heavy class offers TRX movement-enhancing benefits while integrating a wider range of conditioning and functional training methods.

# JANUARY - MARCH 2020 SCHEDULE

MONDAY	
TIME	CLASS
R 9:00am	Lean + Tone
C	Pilates Reformer
R 5:00pm	TRX Mpact
R 6:00pm	Fat-Burn Boot Camp
C	Mixed Reformer
TUESDAY	
TIME	CLASS
OP 9:00am	Barbell Club
C	Pilates Reformer
R 4:30pm	TRX Mpulse
C	Pilates Reformer
C 5:30pm	Pilates Reformer
FT 6:00pm	Athletic Performance 9+
OP 6:30pm	Barbell Club
R 7:00pm	Athletic Performance 9+
WEDNESDAY	
TIME	CLASS
R 9:00am	Lean + Tone
C	Pilates Reformer
R 5:00pm	TRX Mpact
C 6:00pm	Mixed Reformer
R	Fat-Burn Boot Camp
CR	Nutrition Boot Camp
C 7:00pm	Pilates Reformer

THURSDAY	
TIME	CLASS
OP 9:00am	Barbell Club
C	Pilates Reformer
R 4:30pm	TRX Mpulse
C 5:30pm	Pilates Reformer
FT 6:00pm	Athletic Performance 9+
OP 6:30pm	Barbell Club
R 7:00pm	Athletic Performance 9+
FRIDAY	
TIME	CLASS
C 9:00am	Mixed Reformer
SATURDAY	
TIME	CLASS
R 9:00am	Fat-Burn Boot Camp
C	Mixed Reformer
R 10:00am	TRX Mpact
C	Beginner Pilates <i>1st Sat only</i>
C 11:00am	Mixed Reformer
SUNDAY	
TIME	CLASS
C 9:00am	Pilates Reformer
MC	Strength Gain
R 10:00am	Fat-Burn Boot Camp
C 10:30am	Pilates Reformer
CR 12:00pm	Nutrition Boot Camp

- C CONNECT
- CR CONFERENCE ROOM
- FT FUNCTIONAL TURF
- MC MOTION CAGE
- OP OLYMPIC PLATFORMS
- R RESULTS

## FLEXIBILITY!

Our drop-in pricing offers you the flexibility to enjoy a variety of small-group training classes. Purchase a single session or save with our 12- and 24-session packages! To reserve your spot in a class, please visit [villasport.com](http://villasport.com) or stop by the Fitness Advice Center or Concierge Desk.

### SMALL-GROUP TRAINING | 60-MINUTE CLASSES (PRICED PER PERSON)

PACKAGE	FITNESS	PILATES	EXPIRATION
1 Session	25	25	3 Months
12 Sessions	216	276	6 Months
24 Sessions <i>Family Share Plan available</i>	384	480	9 Months

*No refunds | Non-transferable*