

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)*

ANIMAL FLOW

Improve strength, power, flexibility, mobility, and coordination in ground-based movements that are fun, challenging, and effective.

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.

CARDIO ENDURANCE

A challenging yet fun alternative to the cardio workouts you are used to. We will use different tools to challenge the heart rate and condition your body to improve endurance.

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.

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 everage 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.

STRENGTHEN AND LENGTHEN

Enjoy success in rehabilitation, prevention of injuries, posture improvement, recovery, and overall well-being. Learn to integrate proven techniques in your routine for immediate relief and lasting results.

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 IMPACT

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.

VillaSport
ATHLETIC CLUB AND SPA

MARCH 2020 SCHEDULE

MONDAY	
TIME	CLASS
R	6:00am TRX Mpact
C	9:00am Pilates Reformer
R	9:30am Animal Flow
MC FT	10:00am Fat-Burn Boot Camp
R	10:30am Lean + Tone - Glutes and Core
R	5:30pm Strengthen and Lengthen
FT	Strength Gain - Kettlebell
FT	6:30pm Athletic Performance
TUESDAY	
TIME	CLASS
R	6:00am Fat-Burn Boot Camp
C	9:00am Pilates Reformer
FT	Athletic Performance
MC	9:30am Fat-Burn Boot Camp
R	10:00am Lean + Tone
R	12:00pm Enhanced Movement
MC	Fat-Burn Boot Camp
R	5:00pm TRX Mpact
FT	5:30pm Animal Flow
FT	6:00pm Strength Gain - Kettlebell
FT	6:30pm Athletic Performance
WEDNESDAY	
TIME	CLASS
R	7:30am TRX Mpact
R	8:30am Fat-Burn Boot Camp
C	9:00am Pilates Reformer
R	9:30am Animal Flow
MC FT	10:00am Fat-Burn Boot Camp
R	10:30am TRX Mpulse
R	5:30pm Strengthen and Lengthen
FT	Strength Gain - Kettlebell
FT	6:30pm Athletic Performance

THURSDAY	
TIME	CLASS
R	6:00am Fat-Burn Boot Camp
C	9:00am Pilates Reformer
MC	9:30am Fat-Burn Boot Camp
R	10:00am Lean + Tone
R	5:30pm Strengthen and Lengthen
FT	6:00pm Strength Gain - Kettlebell
FT	6:30pm Athletic Performance
FRIDAY	
TIME	CLASS
C	9:00am Pilates Reformer
R	9:30am Cardio Endurance
R	10:00am Fat-Burn Boot Camp - Core
FT	Fat-Burn Boot Camp - Glutes
R	12:00pm Enhanced Movement
SATURDAY	
TIME	CLASS
R	9:00am Strength Gain - Kettlebell
MC	Fat-Burn Boot Camp
R	10:00am Enhanced Movement
SUNDAY	
TIME	CLASS
R	11:00am Fat-Burn Boot Camp - Boxing

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 4- and 12-session packages! To reserve your spot in a class, please visit villasport.com or stop by the Fitness Advice Center or Concierge Desk.

C CONNECT FT FUNCTIONAL TURF
MC MOTION CAGE R RESULTS

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

PACKAGE	FITNESS	PILATES	EXPIRATION
1 Session	25	25	3 Months
4-Pack	80	96	3 Months
12-Pack	216	276	6 Months
<i>Family Share Plan available</i>			

To encourage continued success on your fitness journey, 4- and 12-Packs are offered only on an auto-renewing basis. Your 1st payment will be processed on the date of purchase. All subsequent payments will be automatically charged to your membership account on the 2nd calendar day of each month thereafter. You may opt out of auto-renewal at any time by visiting Member Services or submitting written notice by certified mail. If you opt out by the 15th of the month, the effective date will be the last day of the current month. If you opt out after the 15th of the month, the effective date will be the last day of the following month.

No refunds | Non-transferable