

# 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.

## 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.

# JANUARY - MARCH 2020 SCHEDULE

MONDAY	
TIME	CLASS
FF 9:00am	Athletic Performance (16+)
SC	Lean + Tone
D 12:00pm	Pilates Reformer

TUESDAY	
TIME	CLASS
D 9:30am	Pilates Reformer
D 10:30am	Pilates/TRX
TF 12:00pm	Strength Gain

WEDNESDAY	
TIME	CLASS
SC 9:00am	Lean + Tone
D 9:30am	Pilates Reformer
CR 10:00am	Nutrition Boot Camp
D 6:00pm	Pilates Reformer

THURSDAY	
TIME	CLASS
D 9:30am	Pilates Reformer
D 10:30am	Pilates/TRX
TF 12:00pm	Strength Gain
D 5:30pm	Pilates Reformer

FRIDAY	
TIME	CLASS
SC 9:00am	Lean + Tone
D 10:30am	Pilates Reformer

SATURDAY	
TIME	CLASS
CR 10:00am	Nutrition Boot Camp

CR CONFERENCE ROOM    D STUDIO D    FF FITNESS FLOOR

SC SOUTH COURT    TF TURF FIELD

## 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*