

ProActive Group X Training – January 4th – April 4th 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15 - 7:00 Sunrise Cycle Michael		6:15 - 7:00 Sunrise Cycle Michael		
					7:15 - 8:15 Hour of Power Michael
8:00 - 8:45 Interval Step Suzanne	8:00 - 8:45 Straight Up Sculpt Jennifer	8:00 - 8:55 Fitness Pilates Mat Suzanne	8:00 - 8:45 CRT Michael	8:00 - 8:45 FX Stretch Suzanne	8:30 - 9:15 Straight Up Sculpt Suzanne
9:00 – 9:30 Ab-Solution Suzanne				9:00 – 9:30 “C”- Squared Suzanne	9:30 - 10:15 Straight Up Sculpt Suzanne
4:10 - 4:55 Glide Fit Suzanne	4:10 - 4:55 Kick, Jab, ‘N Jam Suzanne	4:10 - 4:55 Straight Up Sculpt Jennifer	4:10 – 4:55 Interval Step Suzanne	4:15 - 5:15 CRT Suzanne	
5:35 - 6:20 “C”- Squared Michael	5:35 - 6:20 Straight Up Sculpt Jennifer	5:35 - 6:20 Flow Yoga Kim	5:35 - 6:20 Latin Groove Suzanne		

Please circle the sessions you would like to enroll in. (Please only sign up for the sessions you know you will attend regularly.) Keep a copy of your new schedule or transfer to your day-planner so you know when you’re supposed to be here.

Name: _____ **Phone #:** _____

Email: _____

Guidelines:

- If you stay in roughly the same time slot, your overall program will be very balanced. When you begin to switch timeslots, you’ll need to ensure you’ve got enough variety and balance in your program.
- This schedule will run from January 4th to April 4th, 2010
- Additional sessions may be added if the need arises.
- Scheduled Trainers may change based on availability.
- If you have any questions, contact us at **530-888-0727**

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