

ProActive Personal Training & Fitness

Group X Training – Winter – 2020

January 6th – April 19th, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15 - 7:00 Cycle Circuit Suzanne		6:15 - 7:00 Sets & Reps Tina	6:15 - 7:00 RPM Suzanne	
	8:00 - 8:45 Sets & Reps Tina				8:30-9:30 Super Circuit Suzanne/Michael
9:00 - 9:45 Retro Fit Suzanne		9:00 - 9:45 A.B.S Fusion (Alignment/Balance/Stretch) Rebecca		9:00 - 9:45 Yogalates Tina	
4:30 – 5:15 RPM Suzanne	4:30 – 5:15 Sets & Reps Suzanne		4:30 – 5:15 Cycle Circuit Suzanne		
		5:30 - 6:15 A.B.S Fusion (Alignment/Balance/Stretch) 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 switch amongst the timeslots, you'll need to ensure you've got enough variety and balance in your program.
- This schedule will run from January 6th to April 19th, 2020
- 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**

www.ProActivePersonalTraining.com • info@ProActivePersonalTraining.com

1676 Auburn Ravine Road Auburn, CA 95603

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