

team training schedule

effective 11 September 2016

All sessions must be reserved in advance
 Non-attended scheduled sessions will be subject to a no-show charge
 \$8 a la carte per team session charge for Core Fitness members
 *Team Plus \$18 a la carte per session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:15 am HiveShape Chloe P	5:30 - 6:15 am HiveStrong Brian	5:15 - 6:00 am HiveFit Cycle George	5:30 - 6:30 am HiveBurn Brian	5:30 - 6:15 am HiveStrong Chloe P		
		6:15 - 7:00 am *GRAVITY PER:FORM Eric	6:00 - 6:45 am *HumanSport Eric			
	7:15 - 8:00 am HiveFit Cycle George				7:30 - 8:15 am *GRAVITY TRANS:FORM Jesse	
8:00 - 8:45 am HiveShape Chloe P	8:00 - 8:45 am HiveStrong Jenna	8:00 - 8:45 am *GRAVITY IN:FORM Brian	8:00 - 8:45 am *HumanSport Jenna	8:00 - 8:45 am *GRAVITY TRU:FORM Chloe P		
		8:00 - 9:00 am HiveFit Multi Kathleen	8:45 - 9:30 am HiveFit Cycle Felipe	8:30 - 9:30 am HiveFit Run Kathleen	8:30 - 9:15 am HiveStrong Jacob	8:30 - 9:30 am HiveFit Cycle Felipe
	9:15 - 10:15 am HiveFit Run Kathleen					
9:30 - 10:30 am HiveFit Cycle Meredith	9:30 - 10:30 am Barre Sarah	9:30 - 10:15 am *GRAVITY PER:FORM Jenna	9:30 - 10:30 am Barre Sarah	9:30 - 10:30 am HiveFit Cycle Felipe	9:30 - 10:30 am HiveFit Cycle Meredith	
	9:30 - 10:15 am HiveStrong Jenna		9:30 - 10:15 am HiveBurn Jenna		10:00 - 11:00 am HiveFit Run Kathleen	
10:30 - 11:45 am Ashtanga Yoga Patrick		10:30 - 11:45 am Ashtanga Yoga Patrick			10:30 - 11:30 am Barre Chloe D	11:00 - 12:00 pm HiveBurn Kris
						12:15 - 1:00 pm *GRAVITY TRU:FORM Kris
5:15 - 6:00 pm *HumanSport Team	5:00 - 5:45 pm *GRAVITY TRANS:FORM Kris	5:00 - 5:45 pm *GRAVITY PER:FORM Brian				
5:30 - 6:30 pm HiveFit Cycle Meaghan	5:30 - 6:30 pm HiveFit Multi Kathleen		5:30 - 6:30 pm HiveFit Cycle Meaghan			
6:00 - 7:00 pm HiveFit Run Kathleen	6:00 - 6:45 pm HiveStrong Kris	6:00 - 7:00 pm HiveFit Cycle George	6:00 - 7:00 pm HiveBurn Jenna			
6:30 - 7:15 pm HiveShape Jenna		6:30 - 7:30 pm HiveFit Multi Jacob				

team training descriptions

HiveStrong

Step out of your comfort zone and challenge your body with our innovative *HiveStrong* workout. You will experience a healthy dose of intensity that will put the optimal metabolic demand on your body to increase muscular strength, enhance power and optimize caloric burn! Structured with cutting edge exercise formats and scores of modifications you will experience an action packed workout that is different every single time. Let us push, motivate and inspire you to reach your body's full potential.

HiveFit

At Hive our new endurance series classes are specifically designed to provide a challenging and energizing workout where everyone trains like an athlete regardless of fitness level. These classes go far beyond simply logging a few miles on the treadmill or having a dance party on bikes. Our team combines expertly structured intervals and smart purposeful training that merges all the endurance training components necessary to create a body that is truly HiveFit.

We feature three exciting *HiveFit* class styles; *Cycle*, *Run* and *MultiSport*. Our goal is to motivate, inspire, and challenge you with a fun and exciting classes that are not only daring and ambitious, but will have you walking away feeling confident, satisfied, and eager for more!

HiveShape

Mold your body and break your barriers. This high-energy class experience is designed to condition and re-sculpt selected muscle-groups while keeping a constant focus on strengthening and slimming your core. We promise a fun sweaty total body workout that will leave you hungry for more!

HiveBurn

HiveBurn is the ultimate calorie burning workout experience. Your first class will have you leaving sweat drenched and feeling exhilarated all in the span of 60 minutes. The programming combines traditional HIIT style workout routines with both short burst and extended high-energy cardio intervals utilizing treadmills, bikes, and rowers. This workout is everything you need to take your body to the next level and realize your potential.

Barre

Strength training, cardio and restoration in one efficient and results driven total body workout! Create long, lean muscles without the bulk. Our instructors will guide you through low-impact strength building movements followed by stretching sequences to lift your seat, create sexy and defined shoulders and give you rock hard abs.

Ashtanga Yoga

Taken from the Primary Series of the Ashtanga Yoga tradition, this sequence is consistent through each class, allowing for each student to objectively measure their progress. We begin with Sun Salutations followed by standing poses, seated forward folds and a finishing sequence that includes Salamba Sarvangasana (supported shoulder stand) and Navasana (boat pose).

GRAVITY TRU:FORM™

Total-body functional conditioning that maximizes efficiency and effect. Participants become strong and mobile, working at their own ability and pace. Features a 45 minute personalized coaching in a spirited group setting on Total Gym.

GRAVITY TRANS:FORM™

Endurance, strength and compound movement training that integrates core conditioning at every turn, twist and bend. Participants experience transformative, goal achieving physical results through vigorous music-led group training with personalized coaching on Total Gym.

GRAVITY IN:FORM™

Mindful, rejuvenating and focused training for inner renewal. Participants gain greater body awareness, stability and flexibility to sustain daily activities with more efficiency and ease. A melding of mindful movement and breath awareness with an evolved approach to Pilates, yoga and other mind body practices in the unique environment of bodyweight training on Total Gym.

GRAVITY PER:FORM™

Dynamic, high-intensity power sessions that offer a variety of functional equipment and training methods to increase agility, strength, explosive power and mobility. Participants can expect circuits, indoor cycling intervals, suspension and reactive training, and more in these high-octane, cardio-based 45 minute team-training sessions

HumanSport

HumanSport sessions are designed for optimal total body strength and stability training. The intuitive equipment design accompanied by one of our certified Coaches; are just the tools you need to take your strength training to the next level.

hive