

**FITNESS**  
*worcester*

# HIGH DEFINITION TRAINING

**GET IN THE BEST SHAPE OF YOUR LIFE!**

## FUNCTIONAL TRAINING CENTER SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM-10:00AM HD COACHED GYM w/ Coach Tyler	7:00AM-10:00AM HD COACHED GYM w/Coach Janine	5:45AM-6:45AM MOC w/Coach Meg	6:45AM-7:15AM MET-CON w/ Coach Dianne	5:45AM-6:45AM MAX FUSION w/Coach Julia	6:45AM-7:15AM MET-CON w/Coach Andy	8:00AM-8:30AM MET-CON w/Coach Tracy/ Coach Kait
		9:00AM-10:00AM STRIKE FIT w/Coach Lori		10:00AM-1:00PM HD COACHED GYM w/Coach Sam		
		12:00PM-1:00PM STRIKE FIT w/Coach Lori	12:00PM-1:00PM HD STRENGTH w/Coach Denleigh		12:00PM-1:00PM HD POWER w/Coach Tracy	10:00AM-11:00AM SPARTAN SGX w/Coach Tracy
		3:00PM-6:00PM HD COACHED GYM w/Coach Kelly	3:00PM-6:00PM HD COACHED GYM w/Coach Meg			
	5:30PM-6:30PM SPARTAN SGX w/Coach Tracy			4:00PM-5:00PM MAX FUSION w/ Coach Andy/ Coach Tracy		
				6:00PM-7:00PM SPARTAN SGX w/Coach Tracy	6:00PM-7:00PM STRIKE FIT w/Coach Lori	

**HD LUNCH EXPRESS** This HD Class will incorporate high intensity movements, explosive power and super strength. The workout will include strength training, plyometrics, speed and agility work. You're an athlete, so let's train like one! You'll sweat and have a great time and be back to work before the boss knows your gone!

**HD SPARTAN SGX** Remember, our HD Spartan Program is for EVERYONE! You don't have to compete in the races themselves. Everyone in an athlete and this class will make you feel like a Spartan! Once you're welcomed into the tribe, there's no turning back. Enjoy our new high flying rig and equipment in our state of the art functional training center that will directly and dramatically improve your OCR performance and your overall conditioning as an athlete.

**Here is the program structure:**

Monday 5:30 pm will be Spartan Strength & Power  
Thursday 6 pm will be Spartan Endurance  
Saturday 10 am will be Spartan Obstacle Training

**HD POWER** Sweat, Run, Jump, Push, Press, Row and Curl your way to a highly invigorating workout to improve your strength, speed, agility, power, and flexibility. A fun mix of HIIT, Circuit Training, Strength and Resistance Training combined with intense cardio.

You'll work all muscle groups to become a strong athlete. This class is a high-energy, total-body workout that focuses on every muscle group at an intensity that will simultaneously improve your cardiovascular strength and endurance. Performed to motivating music and inspired by any and every sport, incorporates a variety of exercises and equipment to always keep you on your toes and eager to see what is next.

**PRICING**

**\$99 per month** for unlimited access to the new room whether it be during a Small Group Training Class or in the Coached Gym time with a certified personal trainer as your coach and a intelligently designed Workout of the Day for you to perform. There is a 3 month minimum commitment when enrolling in our High Definition program.

**\$200 for 10 Sessions** will give you access to 10 classes and Coach Gym sessions. Sessions expire after 4 months.

**\$30 for Drop-Ins**

**HD Classes:** Small Group Personal Training with up to 12 athletes.

**Coached Gym:** A Certified Personal Trainer will be in the functional training center and will have an intelligently and scientifically designed Workout of the Day posted for you.

**HD STRIKE FIT!** StrikeFit takes traditional kickboxing classes to the next level of building strength and fitness through bag work combinations and dynamic movements that you'll only find with StrikeFit. This heavy bag workout fires up every part of your body at once. Igniting and delivering pure cardio conditioning at its best. What makes StrikeFit different is it's not your typical cardio kickboxing. It incorporates plyometrics, heavy bag and pad work training, medicine balls, agility drills and much more. StrikeFit is perfect for all ages and abilities...you train at your level...always options for everyone.

**HD MAXIMUM OUTPUT CYCLE** A high intensity/maximum output cycle and strength class, focusing on power, perceived exertion, speed, and strength. Class each week will have a different format, more intensified and personal to the participants. Each individual will be building from their own base gear on the bike, and will have to reach specific watts designated for intervals. Short bursts on the bike, to follow with short intervals of strength exercises off the bike, with all receiving a high cardio intense full body workout.

**HD MAX Fusion** Combine the high intensity fun of Spin with the incredible total body experience of circuit training in the NEW ROOM. This Small Group Training program is limited to 10 participants and will be super-fun and super-intense. You'll work so hard but won't realize it due to how much fun you are having. The transitions happen quickly as you move from the Spin Room to the NEW ROOM performing an incredible feat of athleticism. This program is for EVERYONE and smiling is a must!

**HD MET-CON** Metcon (short for metabolic conditioning) is a high intensity, full body interval style workout which is designed to train stamina, endurance and conditioning. Combining functional movement patterns and weight lifting techniques with short rest periods in between work intervals, Metcon is extremely effective for fat loss and improving fitness. Specially adapted for our New ROOM and incredible functional training equipment, this class is modifiable to suit all levels and is highly recommended for anyone who is serious about having fun in their pursuit of health and wellness goals.

**MyZONE** Myzone is an innovative wearable heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. Myzone delivers a fully connected solution for fitness club operators and is respected as the fitness industry's wearable of choice. It is successful due to its accuracy at 99.4%. This is the tool for anyone who wants an accurate, gamified and motivating wearable. Myzone monitors heart rate, calories and time exercising that convert into Myzone Effort Points (MEPs), with a focus on rewarding effort rather than fitness.

Belts are available for **\$99.00** and the MyZONE screen will be located in the New Room