

FITNESS
worcester

HIGH DEFINITION TRAINING

GET IN THE BEST SHAPE OF YOUR LIFE!

FUNCTIONAL TRAINING CENTER SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-9:00AM POWER HOUR w/Coach Tyler	6:45AM-7:15AM MET-CON w/Coach Meg	5:45AM-6:45AM MOC w/Coach Meg	6:45AM-7:15AM MET-CON w/Coach Dianne		6:45AM-7:15AM MET-CON w/Coach Sam	8:00AM-8:30AM MET-CON w/Coach Tracy/ Coach Kait
		5:15PM-6:00PM KETTLEBELLS w/Coach Loreta	12:00PM-1:00PM LUNCH EXPRESS w/Coach Denleigh	5:00PM-6:00PM MOC w/Coach Meg	12:00PM-1:00PM LUNCH EXPRESS w/Coach Tracy	10:00AM-11:00AM SPARTAN SGX: OBSTACLE TRAINING w/Coach Tracy
	6:00PM-7:00PM SPARTAN SGX: POWER w/Coach Tracy	6:00PM-7:00PM STRIKE FIT w/Coach Lori		6:00PM-7:00PM SPARTAN SGX: ENDURANCE w/Coach Tracy		

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 you like one! You'll sweat and have a great time and be back to work before the boss knows you're 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 HD TRAINING CENTER that will directly and dramatically improve your OCR performance and your overall conditioning as an athlete.

Here is the program structure:

Monday 6 pm - Spartan Power
Thursday 6 pm - Spartan Endurance
Saturday 10 am - Spartan Obstacle Training

HD KETTLE BELLS- Swing! Power! Learn the techniques of Kettle Bells and why they are such a great workout when done safely and correctly within a small group training program! You'll see the cardio and strength benefits of these unique and exciting fitness tools!

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 HD Training Center.

PRICING

\$99 per month added to your monthly membership for unlimited access to the HD TRAINING CENTER.

There is a 3 month minimum commitment when enrolling in our High Definition program.

\$200 for 10 Sessions in addition to your membership gives you access to 10 HD TRAINING classes. Sessions expire after 4 months.

\$30 for Drop-Ins

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; it ignites and delivers 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 POWER HOUR- Power Hour is a specialized High Definition Training Program where you will cover deadlift, squats, cleans, and the snatch along with all the different variations of each movement.

You will learn how to improve stability and mobility through a structured warm up and then learn the technique of each movement followed by a workout implementing the days lessons.

This clinic will also teach you how to utilize each movement and variation to implement them into your workout and how to target your weak spots.

HD MET-CON- Met-Con (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 HD TRAINING CENTER 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.

