



# Team Training Program Schedule

## Effective July 1st

Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday

Afterburn  
5:00 a.m.  
Marketa

Gravity  
5:00 a.m.  
Marketa

Ind. Strength  
5:00 a.m.  
Marketa

Foundations  
8:00 a.m.  
Marketa

Ind. Strength  
8:30 a.m.  
TBD

Gravity  
9:00 a.m.  
Marketa

Afterburn  
9:00 a.m.  
Devoe

Afterburn  
9:30 a.m.  
Cyrilla

Ind. Strength  
9:30 a.m.  
Cyrilla

Gravity  
9:30 a.m.  
TBD

Foundations  
10:00 a.m.  
Devoe

Ind. Strength  
10:00 a.m.  
Marketa

Gravity  
10:00 a.m.  
Marketa

DAC ROM  
10:30 a.m.  
TBD

DAC ROM  
11:00 a.m.  
Marketa

Foundations  
1:30 p.m.  
Brittany

Afterburn  
5:15 p.m.  
Devoe

Ind. Strength  
5:15 p.m.  
Devoe

Foundations  
5:15 p.m.  
Joel

Gravity  
5:15 p.m.  
Devoe

Gravity  
6:15 p.m.  
Devoe

Afterburn  
6:15 p.m.  
Devoe

**Foundations**  
For beginner levels of fitness. An introduction to our Afterburn workout.

**Afterburn**  
Maximize calorie burn & increase metabolic rate.

**Industrial Strength**  
Focused on building strength.

**Gravity**  
Using a glideboard on a cable-and-pulley system, these exercises use your body weight combined with gravity.

**DAC ROM**  
This range of motion session is a great combination of upper and lower body focused stretches.

