



865-470-3600

## DECEMBER WEST SIGNATURE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AFTERBURN - MARIAH	6:00 STRENGTH - RACHEL	6:00 AFTERBURN - RACHEL	6:00 FOUNDATIONS - MARIAH	6:00 AFTERBURN - RACHEL	
7:00 STRENGTH - MARIAH			7:00 STRENGTH - RACHEL		
8:00 AFTERBURN - RACHEL	8:00 STRENGTH - TARA	8:00 AFTERBURN - TARA			8:00 STRENGTH - MARIAH
9:00 AFTERBURN - TARA	9:00 STRENGTH - TARA	9:00 AFTERBURN - TARA	9:00 STRENGTH - TARA	9:00 AFTERBURN - TARA	9:00 AFTERBURN - MARIAH
10:00 FOUNDATIONS - MARIAH		10:00 FOUNDATIONS - MARIAH		10:00 FOUNDATIONS - MARIAH	
	12:00 STRENGTH - MARIAH		12:00 AFTERBURN - MARIAH		
5:00 STRENGTH - MARIAH		5:00 AFTERBURN - MARIAH			
6:00 STRENGTH - MARIAH	6:00 AFTERBURN - RACHEL	6:00 AFTERBURN - MARIAH	6:00 AFTERBURN - DANIEL		
	7:00 STRENGTH - RACHEL		7:00 STRENGTH - DANIEL		

### AFTERBURN

A true metabolic workout, this cutting-edge class combines functional exercises, kettle bells, resistance & TRX suspension training, calisthenics and plyometrics with bouts of cardio intervals of jogging, sprinting, hills and stairs. There is little rest in between exercises in an effort to maximize calorie burn and increase your metabolic rate during and after the workout. You'll train like a top athlete, but at a pace you can handle.

### STRENGTH

If your focus is to build strength, look to this offering within our Team Training program umbrella. These interval-timed sessions increases strength and intensity compared to our metabolic-focused Team Training sessions. Ready to take your workout to a stronger level? Industrial Strength is your workout.

### FOUNDATIONS

Whether you've never lifted a weight in your life, or if you're returning to a workout routine, these sessions concentrate on stepping you into the concept of functional training and include weight training workouts for beginner levels of fitness.