

****Effective JUNE 2017****

PLATINUM MEMBERSHIP

REQUIRED:
PLATINUM MEMBERSHIP
ONLINE REGISTRATION

UNLIMITED PLATINUM SMALL GROUP TRAINING ACCESS						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 AM MYORANGE ZONE The Orange Zone Coach Maegan	6:00- 6:30 AM LES MILLS GRIT SERIES Cardio or Plyo Sports Factory Coach Kim	6:15-7:15 AM MYORANGE ZONE The Orange Zone Coach Kim	5:30- 6:30 AM MYORANGE ZONE The Orange Zone Coach Kim	5:30-6:30 AM RISE & GRIND Sports Factory Coach Kim	7:30-8 AM LES MILLS GRIT SERIES Strength Studio #2 Coach Shaunna	8-9 AM MYORANGE ZONE The Orange Zone Coach Maegan
8-8:30 AM** ASCEND EXPRESS The Launch Pad Coach Mark	10:30-11:30 AM MYORANGE ZONE The Orange Zone Coach Nicole M.	10:30-11:30 AM RISE & GRIND Sports Factory Coach Nicole B.	9-10AM AQUA DESCEND Lap Pool Lanes 4-6 Coach Mark	9- 9:30 AM LES MILLS GRIT SERIES Strength Studio #3 Coach Justine	8-8:30 AM LES MILLS GRIT SERIES Cardio or Plyo Studio #2 Coach Shaunna	
9- 9:30 AM LES MILLS GRIT SERIES Cardio or Plyo Studio #3 Coach Justine	7- 7:30 PM LES MILLS GRIT SERIES Cardio or Plyo Studio #2 Coach Erin	5:30- 6 PM LES MILLS GRIT SERIES Strength Studio #3 Coach Shaunna	7- 7:30 PM LES MILLS GRIT SERIES Strength Studio #2 Coach Erin	9:15-10:15 AM MYORANGE ZONE The Orange Zone Coach Mark	CHANGES IN YELLOW	
10:30- 11:30 AM MYORANGE ZONE The Orange Zone Coach Maegan		6-7 PM MYORANGE ZONE The Orange Zone Coach Nicole M.	<p align="center">Class times, coaches & formats are subject to change</p> <p align="center">FOR MORE INFORMATION: CONTACT WELLNESS AND ATHLETICS DIRECTOR NICOLE BOSLEY-SMITH @ nbosleysmith@thearenaclub.com</p>			
5:30- 6 PM LES MILLS GRIT SERIES Cardio or Plyo Studio #3 Coach Shaunna	<p align="center">**AQUA DESCEND CLASS WILL BE OFFERED June 1-August 31st in place of ASCEND!</p>					
6:30-7:30 PM MYORANGE ZONE The Orange Zone Coach Nicole M.	<p align="center">Single Class Drop In Available (SPACE PERMITTING): SEE THE FRONT DESK FOR SPACE AVAILABILITY</p> <p align="center">MYORANGE ZONE, ASCEND60, AQUA DESCEND, RISE & GRIND DROP IN= \$30/ class ASCEND EXPRESS/ LES MILLS GRIT DROP IN= \$ 16/ class Front desk will authorize a drop in on a stand-by basis so long as space permits!</p>					
REGISTRATION POLICY						
<p align="center">Online registration / space reservation is REQUIRED for class attendance and for PLATINUM members or those who have purchased an approved Drop-In.</p> <p align="center">Registration is available up to 36 hours in advance for PREMIUM Members. You may cancel 1 hour prior to class time. <u>Participants may not begin a class more than 5 min late.</u></p> <p>Waitlist: If you are not able to register online due to a full capacity class registration, you can be on standby. For standby, check-in with the class instructor prior to the start of class time. If a registered member is not in class at the start time, then standbys will be allowed to take the spot as a first come, first serve basis.</p> <p>Three Strikes Policy: If you reserve a space for a class and you are unable to keep your reservation, you must cancel online or by phoning the hospitality desk no later than 1 hour prior to class time. If you are a no-show 3 times within 60 days, you will not be permitted to reserve class space for 30 days and must attend on a standby basis only during that period.</p>						
LesMills GRIT						
<p align="center">Our coaches bring you high intensity, science-based interval training. This is a 30 minute cardio or plyometric based format OR Strength based format. Unlimited access for PLATINUM members or space permitting DROP-IN available for \$16</p>						
myORANGEzone						
<p align="center">Burn between 500-1000 calories in this hour for a guaranteed extended calorie burn up to 36 hours. Reach peak performance while we focus on your Yellow and Red zones-- THE ORANGE ZONE-- while wearing your MyZone Belt (Recommended). Increase strength, endurance, power and lose inches in this effective and proven small group program. Must meet promptly in the ORANGE ZONE. Unlimited access for PLATINUM members or space permitting DROP-IN available for \$30 MY ZONE BELT RECOMMENDED</p>						
ASCEND EXPRESS/ ASCEND60						
<p align="center">Meet on our Launch Pad Trampoline Park for the most fun you will ever have while working out! Bounce with your Coach through a dynamic workout that is low impact with focus on aerobic activity, coordination, balance, mobility and FUN! Unlimited access for PLATINUM members or space permitting DROP-IN available: \$16 for Ascend Express and \$30 for Ascend60</p>						
Rise & GRIND						
<p align="center">RISE & GRIND with our Sports Performance Coaches at the Sports Factory-- the most elite equipped box it the Harford County area. The ultimate athletic sports conditioning experience! Unlimited access for PLATINUM members or space permitting DROP-IN available for \$30</p>						
AQUA DESCEND: NEW FOR THE SUMMER!						
<p align="center">Meet in our lap pool for an athletic based aquatics conditioning course. This class will feature interval- style conditioning both in and out of the pool. Participants can expect to have a low impact yet challenging and dynamic experience with use sports conditioning equipment. Unlimited access for PLATINUM members or space permitting DROP-IN available for \$30 Offered June 1-August 31st</p>						