

Wellness Programs

Spring/Summer Schedule
Effective March 1, 2017

TRX Suspension Training

The TRX Suspension Trainer is the original system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of the challenge on each exercise!

Registration Options				Registration Information	
Time	Location	Days	Coach	Monthly Registration Recommended	
8-8:45 am	Studio #3	W	Wendy O.	Member Fee w/ monthly registration	\$12.5/ class
No Class during the month of December and February				Non-Member Fee w/ month registration	\$17/ class
				Member-Only Single Class Drop-In:	\$18

Pilates Reformer

Pilates uses body weight resistance to promote the balanced development of core strength, flexibility, and body awareness. Key elements include focus on core muscles, breath awareness, and the quality and control of movements to help improve strength, flexibility, balance and coordination for athletics and everyday life.

Registration Options				Registration Information	
Time	Location	Days	Instructor	Monthly Registration Recommended	
6-7 pm	Pilates Studio	Tu	Susan P.	Member Fee w/ monthly registration	\$22/ class
7-8 am	Pilates Studio	W	Susan P.	Non-Member Fee w/ month registration	\$29/ class
9:30-10:30 am	Pilates Studio	Th.	Susan P.	Member-Only Single Class Drop-In:	\$30

Tweens License to Train

Get your 10-11 year old Tween the proper instruction and orientation to exercise. This program teaches your child to safely and appropriately exercise in our facility!

Group Sessions: \$45		Private Session: \$68	
<i>Held on the 1st Thursday of the Month</i>		Scheduled Directly with Our Tween Coaches	
July & August: 10-11 am	Sept.- June: 5:30- 6:30 pm	Contact: nbosleysmith@thearenaclub.com	

Strength for Survivors

Our 6 week program geared towards survivors and patients in treatment, prior to or recovering from chemotherapy or surgery. We emphasize strength training to replenish muscle mass lost during treatment in both a restorative and preventative manner. The program incorporates upper and lower body exercise with slow, progressive weight lifting twice a week in a small, supportive group of other warriors. Our goal is to help our survivors regain strength and range of motion and mobility in order to expedite recovery. Participants can expect to strength with efforts to reduce the risk of lymphedema with exercises designed to prevent lymph node blockage.

Registration Options				Registration Information:	
Time	Location	Days	Coach	Member Fee	
11-12 pm	Fitness Floor	Tu/ Th	Erin W.	Non-Member Fee	\$174 \$227

Next Session: April 4- May 11, 2017 AND Sept. 5 to Oct. 12, 2017

Renov8

Our COMPLETE fitness and weight loss program that combines structured exercise in a supportive team environment PAIRED with guided nutrition and education with our Team Nutritionist Alicia Palmere. This 8 week program focuses on getting results that will last a lifetime!

Registration Options				Registration Information	
Time	Location	Days	Coaches	Member Fee	
9:00 AM	Fitness Floor	M/W	Mark & Alicia	Non-Member Fee	\$158/ month \$206/ month
6:00 PM	Fitness Floor	M/W	Nicole & Alicia		

Members Only Early Bird Discount available-- receive \$96 off registration for early registration!

Spring 2017 Session	Info Nite: 4/17 @ 6 PM Mult Purpose Room	Runs: 4/24-6/14/2017	Early Bird Disc. ends 4/7
Fall 2017 Session	Info Nite: 8/28 @ 6 PM Mult Purpose Room	Runs: 9/4-11/11/2017	Early Bird Disc. ends 8/21

Private Groups

Do you have a group of friends or family that would like to train together? Studies show that fitness goals are much more attainable when working with a great support system in a group setting. Let us help put together a program specific to your groups needs or join an existing group! Contact Nicole Bosley-Smith to discuss! Nbosleysmith@thearenaclub.com