

Group Personal Training

April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10a 1000 Reps 4p/ 5:45p Tough it out 6:30p RIPPED	3 4/ 445/545/630p Circuit Training	4 10a Deadlifting 545p Tabata 630p RIPPED	5 4p Circuit Training 445/545 Body Blitz 630 Yoga Flow	6 Fit Body Training @ 5:15p	7 8a Total Body Toning 8:30a E.G.T. 9:30a RIPPED
8	9 10a Suspension Training 4p Suspension Training 5:45p Interval Training 6:30p RIPPED	10 4P Circuit Training 445/545 Strength 630 Yoga Flow	11 10a Body Weight Training 545p Tabata 630p RIPPED	12 4p Circuit Training 445/545/630p 1000 Reps	13	14 8:30a E.G.T. 9:30a RIPPED Goat Yoga @ 11:30a SOLD OUT
15	16 10a Kettlebell Complex 4p Step & Tone 5:45p Speed Drills 6:30p RIPPED	17 4/445/ 545/ 6:30p Kettlebell Complex	18 10a Tabata 545p Yoga Booty 6:30p RIPPED	19 4p Tabata 445/545 suspension training 630p Yoga Flow	20 Fit Body Training @ 5:15p	21 8a Boxer-cise 8:30a E.G.T. 9:30a RIPPED
22	23 10a 1000 Reps 4p/ 5:45p Tough it out 6:30p RIPPED	24 4p Kettlebell Complex 445/ 5:45 Core/ ab blaster 630p Yoga Flow	25 10a/545p Tabata 630p Cardio Endurance	26 4/445/545/630 HIIT Total Body Training	27 Fit Body Training @ 5:15p	28 8a Tough it out 8:30a E.G.T. 9:30a RIPPED
29	30 10a Kettlebell Complex 4p Step and Tone 545p Speed/ Agility Drills 630p RIPPED					

E.G.T. Elite Group Training format developed by J. Mixson. The goal is to sculpt and tone the body while reducing any undesired body fat. The work is tough & intense at time but fair "You can do this...Simple Stuff" The Jamey!