

Hours: M-TH: 6:00am to 7:00pm

Friday: 6:00am to 12:00pm

Saturday: 7:00am to 12:00pm

SVF Team Training Class Schedule

Updated: 2/7/17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Foundations		Metablast			
7:00 am		Metablast		Foundations		
8:00 am	Foundations				Foundations	Metablast
9:00 am			Foundations			Foundablast
10:00 am		Foundations		Metablast		Foundations
11:00 am	Essentials		Essentials		Essentials	
12:00 pm					Close	Close
1:00 pm-3:00pm	-	-	-	-		
4:00 pm						
5:00 pm	Metablast		Foundations			
6:00 pm		Foundations		Metablast		
7:00 pm	Close	Close	Close	Close		

Gym hours are subject to change without notice. Thank you for your understanding.

TEAM TRAINING DESCRIPTIONS

Essentials

Our **Essentials** class gives our clients the best materials and instructions on how to build a strong and healthy body. **Essentials** is designed for clients new to exercise, post rehabilitation, or for those who simply want to revisit the basics of exercise. Clients are taken step by step through an exercise progression which includes a thorough warm-up and movement preparation, a series of basic exercises and movement patterns for strength, balance, and core stability, some cardiovascular interval training, and a cool down focused on flexibility, mobility, and tissue repair. Emphasis is placed on proper technique and identifying and educating clients about specific modifications to meet their needs and abilities. This workout will prepare clients to participate in our **Foundations** class and give them the knowledge and confidence to exercise safely and effectively.

Foundations

When you build a house, you must first develop a solid foundation. This ensures that anything built on top of that foundation will be stable and long-lasting. In this sense, your body is like a house—you must build a good foundation of fitness before you can implement an effective program to help you reach your goals. In this class you will practice Foundational exercises that will improve your strength, cardiovascular fitness, and core stability. Note—It is important that you master Foundations before attending Metablast classes.

Foundablast

This training session will combine exercises and intervals from both our Foundations and MetaBlast workouts, but will include more flexibility, core, and restorative exercises in the routine. The intensity and complexity of this workout is at the intermediate level, however as always you can modify each exercise to meet your individual needs and abilities.

Metablast

Many people strength train with weights while others do cardio or aerobics. Why not get the benefits of both? The most effective use of your time is metabolic strength training. Your body will get stronger, your cardiovascular fitness will improve, and you will burn calories and see your body change like never before. This class is a high intensity circuit training course filled with various challenging and functional exercises that will blast fat and boost your metabolism. Exercise progressions and regressions will be offered so that anyone at any fitness level can benefit from this invigorating workout.