

# Fitness

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.

## FUNCTIONAL TRAINING PROGRAM

### SMALL GROUP PERSONAL TRAINING

All the benefits of Personal Training at a fraction of the cost!

Sign up as a single or with a bunch of friends. If you are looking to improve your strength, mobility or even lose weight, this program is for you. Our trainer will use constant variation of functional movements to help you continue to grow and achieve **your** optimal fitness level and capabilities. These training sessions will develop many of the skills needed to reach your personal goals and peak performance. All training sessions are an amazing 60 minutes long. Ages 16 and older.

*This is Small Group Personal Training. You are signing up for a specific time, instructor and day of the week. No make up for missed classes.*

FUNCTIONAL TRAINING PROGRAM	WINTER/SPRING SESSION 1 Jan. 11–Feb. 17	WINTER/SPRING SESSION 2 Feb. 29–April 6	WINTER/SPRING SESSION 3 April 18–May 25
Mon., 6–7 p.m.	#15105	#15106	#15107
Wed., 6–7 p.m.	#15108	#15109	#15110

Aerobic Studio

Fee: \$52M/\$62 NM per session

\$94M/\$114 NM (2 classes a week per session)



### TRX SUSPENSION TRAINING SMALL GROUP PERSONAL TRAINING

TRX® Suspension Training® improves total body strength, cardio endurance and flexibility in a fast effective workout.

Suspension Training allow users to self-adjust the amount of resistance they want, making it suitable for people of all fitness levels by making small changes in foot, hand or

body position. This capability empowers participants to continue with training, even when fatigue sets in, and this versatility makes the TRX Suspension Trainer attractive to so many users and fitness enthusiasts of all levels.

One-on-One Personal Training Sessions Available!

*This is Small Group Personal Training. You are signing up for a specific time, instructor, and day of the week. No make up for missed classes.*

### WINTER/SPRING SESSION 1 (6 WEEKS)

#15095 Tues., Jan. 12–Feb. 16, 6:45–7:45 p.m.

#15098 Thurs., Jan. 14–Feb. 18, 6:45–7:45 p.m.

#15101 Sat., Jan. 16–Feb. 20, 8–9 a.m. **CANCELED**

#15148 **NEW! ADV. 1/15-2/19, 5:45-6:45 p.m.**

### WINTER/SPRING SESSION 2 (6 WEEKS)

#15096 Tues., March 1–April 5, 6:45–7:45 p.m.

#15099 Thurs., March 3–April 7, 6:45–7:45 p.m.

#15102 Sat., March 5–April 9, 8–9 a.m. **CANCELED**

#15149 **NEW! ADV. 3/4-4/8, 5:45-6:45 p.m.**

### WINTER/SPRING SESSION 3 (6 WEEKS)

#15097 Tues., April 19–May 24, 6:45–7:45 p.m.

#15100 Thurs., April 21–May 26, 6:45–7:45 p.m.

#15103 Sat., April 23–May 28, 8–9 a.m. **CANCELED**

Aerobic Studio

Fee: \$52M/\$62NM per session

\$94M/\$114NM (2 classes a week per session) (\$10 discount)

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CALL US AT 717-898-3102

Winter/Spring 2016