

# healthfix.

## Group Training Program

### Monday

|           |                        |         |
|-----------|------------------------|---------|
| 6:00      | Clinical Check-In      | Caitlan |
| 6:15-7:00 | Foundations of Fitness | Jono    |
| 6:30-7:15 | Muscle & Strength      | JP      |
| 6:45-7:40 | Pilates                | Amy     |

|             |                        |        |
|-------------|------------------------|--------|
| 12:30       | Clinical Check-In      | Sean   |
| 12:45-13:30 | Foundations of Fitness | Jono   |
| 13:00-13:45 | Muscle & Strength      | Bladen |

|             |                        |         |
|-------------|------------------------|---------|
| 17:15       | Clinical Check-In      | Sean    |
| 17:30-18:15 | Foundations of Fitness | JP      |
| 17:45-18:30 | Muscle & Strength      | Anthony |

### Tuesday

|           |                        |         |
|-----------|------------------------|---------|
| 6:00      | Clinical Check-In      | N/A     |
| 6:15-7:00 | Foundations of Fitness | Jono    |
| 6:30-7:15 | Muscle & Strength      | Anthony |

|             |                        |         |
|-------------|------------------------|---------|
| 12:30       | Clinical Check-In      | Matthew |
| 12:45-13:30 | Foundations of Fitness | Amy     |
| 13:00-13:45 | Muscle & Strength      | Bladen  |

|             |                        |      |
|-------------|------------------------|------|
| 17:00-17:45 | Pilates                | Amy  |
| 17:15       | Clinical Check-In      | N/A  |
| 17:30-18:15 | Foundations of Fitness | Jono |
| 17:45-18:30 | Muscle & Strength      | Amy  |

### Wednesday

|           |                        |         |
|-----------|------------------------|---------|
| 6:00      | Clinical Check-In      | Caitlan |
| 6:15-7:00 | Foundations of Fitness | Amy     |
| 6:30-7:15 | Muscle & Strength      | Jono    |

|             |                        |         |
|-------------|------------------------|---------|
| 12:30       | Clinical Check-In      | Sean    |
| 12:45-13:30 | Foundations of Fitness | Melissa |
| 13:00-13:45 | Muscle & Strength      | Mark    |

|             |                        |         |
|-------------|------------------------|---------|
| 17:15       | Clinical Check-In      | Zoe     |
| 17:30-18:15 | Foundations of Fitness | JP      |
| 17:45-18:30 | Muscle & Strength      | Anthony |

### Thursday

|           |                        |      |
|-----------|------------------------|------|
| 6:00      | Clinical Check-In      | N/A  |
| 6:15-7:00 | Foundations of Fitness | Amy  |
| 6:30-7:15 | Muscle & Strength      | Mark |

|             |                        |         |
|-------------|------------------------|---------|
| 12:30       | Clinical Check-In      | Matthew |
| 12:45-13:30 | Foundations of Fitness | Melissa |
| 13:00-13:45 | Muscle & Strength      | Bladen  |

|             |                        |      |
|-------------|------------------------|------|
| 17:00-17:45 | Pilates                | Amy  |
| 17:15       | Clinical Check-In      | Sean |
| 17:30-18:15 | Foundations of Fitness | Mark |
| 17:45-18:30 | Muscle & Strength      | Amy  |

### Friday

|           |                        |         |
|-----------|------------------------|---------|
| 6:00      | Clinical Check-In      | Caitlan |
| 6:15-7:00 | Foundations of Fitness | Jono    |
| 6:30-7:15 | Muscle & Strength      | Bladen  |
| 6:45-7:40 | Pilates                | Amy     |

Weight loss  
Muscle Strengthening  
Cardiovascular Fitness

Mobility-Flexibility  
Resistance Training  
Cardiovascular Exercise

**Foundations of Fitness**

**What are the benefits of each program?**

Muscle Size  
Muscle Strengthening  
Injury Prevention

**What type of training will I perform?**

Mobility-Flexibility  
Resistance Training  
Remedial Exercise

**Muscle & Strength**

Movement Correction  
Floor-Based Strengthening  
Mobility and Flexibility

Mobility-Flexibility  
Floor Work  
Remedial Exercise

**Pilates**