

# Personal Training & Small Group Training Classes

Facility Hours: Monday–Friday: 5:30am–9:30pm • Saturday: 7:00am–5:30pm • Sunday: 9:00am–5:30pm

## Training Memberships:

### One on One Personal Training *(Sessions are 50 mins. in length)*

3x/week plus unlimited small group training	Member — \$489/mo + tax	Non-Member — \$519/mo + tax
2x/week plus unlimited small group training	Member — \$339/mo + tax	Non-Member — \$369/mo + tax
1x/week plus unlimited small group training	Member — \$179/mo + tax	Non-Member — \$209/mo + tax

### Add-On Partner Training *(Sessions are 50 mins. in length)*

One person pays the one on one Personal Training rate above and the other pays the add-on rate.

3x/week plus unlimited small group training	Member — \$209/mo + tax	Non-Member — \$239/mo + tax
2x/week plus unlimited small group training	Member — \$159/mo + tax	Non-Member — \$189/mo + tax
1x/week plus unlimited small group training	Member — \$69/mo + tax	Non-Member — \$99/mo + tax

## Small Group Training

Unlimited small group training                      Member— \$29/mo + tax                      Non-Member— \$59/mo + tax

	Mon	Tues	Wed	Thur	Fri	Sat
6:00–7:00am	<b>The Compound Curriculum</b> Tim			<b>Total Body Tutelage</b> Tim		
7:30–8:20am		<b>Fitness For Life</b> Gail		<b>Fitness For Life</b> Gail		
10:00–10:50am						<b>Weightlifting 101</b> Anthony
10:30–11:00am	<b>Stretch For Life</b> Dave			<b>Stretch For Life</b> Dave		
11:30–12:00am			<b>Stretch For Life</b> Anthony			
12:00–12:50pm	<b>Happy Hardcore</b> Dave					
5:00–5:50pm		<b>Functional Circuit</b> Dave		<b>Functional Circuit</b> Anthony		
5:15–5:45pm	<b>Kettlebell Basics</b> Hannah					
5:45–6:30pm						

\*Schedule subject to change. For the most current schedule visit <http://itallhappenshere.org/training-schedule.html> or download our app for more information.

## Pay As You Go:

One on one personal training	\$50 + tax/ Members and Non-Members
Train with a friend or several friends	\$30 + tax/ Per Person Members and Non-Members
Small Group Training	50 min. — \$10 + tax/ Members and \$15 + tax/ Non-Members
Small Group Training	30 min. — \$8 + tax/ Members and \$12 + tax/ Non-Members

Class descriptions on the Back

Starts January 8, 2018

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**For All Small Group Training Classes**—Get registered at the front desk at the Federal Way Community Center for \$29/month +tax for FWCC Members or \$59/month +tax for Non-Members.

**FITNESS FOR LIFE (50 minutes)**—The one stop workout where you will find yourself immediately locked into this fun and effective workout that make life easier! It combines 50 minutes of easy, yet effective circuits interlaced with weights, and resistance work - using various training tools. It's a combination that drives up your endurance and gets your body moving, stronger and ripped. It's a great compliment to any cardio or yoga based classes/workouts. Adaptable to most fitness levels, for Teens & Adults. Participants can start anytime as this an on-going program.



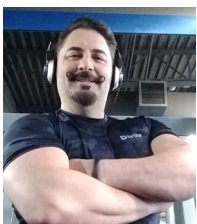
**KETTLEBELL BASICS (30 minutes)**—To many, kettlebells are intimidating! You may look at kettlebells and think they are only for highly trained or hard core athletes. Well they are not, kettlebell training is for everyone. Working with kettlebells and knowing just the basic movements will help you reap faster gains in far less time than more traditional methods. These classes are taught by a certified StrongFirst Instructor. Class is taught by Hannah Thayer, SFG, NASM Certified Personal Trainer

**FUNCTIONAL CIRCUIT (50 minutes)**—This class involves functional movement to get your heart rate up and get your fat percentage down. We will focus on movement patterns that will make every day living even easier. The goal is to create a fully functional body and improve performance outside of the gym. Start anytime. Contact Anthony Creighton at 360.434.3896 or anthonygems@hotmail.com with additional questions. Tuesdays and Thursdays at 5pm.



**WEIGHT LIFTING 101 (50 minutes)**—Tired of doing cardio for weight loss? What if I told you the MOST important thing to do when looking for sustainable weight loss is Weightlifting? This class is set up to show you the ins and outs of weightlifting. Using things like supersets (working opposing muscles without rest times) to make your workouts more efficient while being able to build muscle and burn fat at the same time; increase bone density, energy, mood while decreasing chances of injuries, osteoporosis and even stress! Contact Anthony Creighton at 360.434.3896 or anthonygems@hotmail.com with additional questions. Saturday at 10am.

**STRETCH FOR LIFE (30 minutes)**—The goal of this small group class will be to improve pain-free range of motion, posture and enhance your overall fitness. Invest 30 minutes of your gym time each week and enjoy better mobility for a lifetime. This is a class for everyone!!! Classes will be held Mon. & Thurs. at 10:30am (Dave) and Wed. at 11:30am (Anthony). Start anytime. Contact Anthony Creighton at 360-434-3896 or anthonygems@hotmail.com or Dave Turpen at imn2bnfit@gmail.com or 253-820-0206 with additional questions.



**HAPPY HARDCORE (50 minutes)**—We will use aggressive training techniques with every piece of equipment at our disposal. Push yourself as hard as you can during the high intensity intervals and then allow your heart rate to recover before getting fierce with the next round. We will finish each session with some stretching and reflection on our fitness goals. Contact Dave Turpen at imn2bnfit@gmail.com or 253-820-0206 for more details.

**GREAT GLUTES (50 minutes)**—It's leg day! Regular attendance of this class will help you firm and tone your lower body. By combining a healthy diet and this class, you can also expect fat loss. We will use free weights and body weight exercises to target your hips and thighs. This is a class for everyone!!! Classes will be held Wed. at 5:45pm. Contact Dave Turpen at imn2bnfit@gmail.com or 253-820-0206 for more details.

**THE COMPOUND CURRICULUM (50 minutes)**—Start your day off right with a workout focused on compound movements. Squat, deadlift, bench, overhead press, and all exercises that give you the most bang for your buck in both strength and muscle growth. These exercises and more will be the focus of this class. Increase your strength while sculpting your body. Haven't been taught proper form? That's great! We will teach you. All skill levels are welcome. If you want to get strong and strive for your ideal body come join the compound curriculum! Mondays: 6am–7am.

**TOTAL BODY TUTELAGE (50 minutes)**—A program designed to train you from your head to your toes. Glutes, back, chest, shoulders, core, and more. This class will use a combination of compound, isolation, and bodyweight exercises to develop your entire body. If you want to get strong, lose fat, sculpt your body, or just enjoy working out this class is for you. Come get strong with us at total body tutelage! Thursday: 6am–7am.

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Android



Iphone