

FREE!

miniclinics

experience personal training

If you've always wanted to work with a personal trainer, but not sure which one or what to try...

join us for one of The Arena Club Mini Clinics conducted by our very own personal trainers!

Register Online TODAY!
Space is limited



Personal Trainer: Susan Phipps **Pilates Reformer, Wunda Chair & the Tower**

Thursday, February 21st
10:30 AM
Pilates Studio

*Must register in xpiron

Pilates equipment takes your workout to the next level. Create an evenly conditioned body, improve sports performance, and prevent injuries. A great way to change things up, or just add to your current workout.



Personal Trainer: Patricia Marks **Resistance Bands**

Friday, February 22nd
9:45 AM
Studio 3

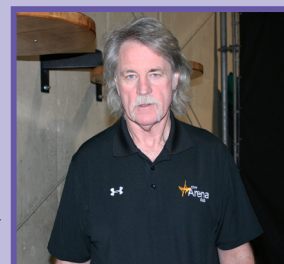
Think you need a pile of weights to get in shape? SNAP out of it and join Patricia Marks, Master PT as she demonstrates how you can get a full body workout. Resistance bands will target all muscle groups and help improve balance as well.



Personal Trainer: Kevin Reilly **Shoulder Injury Prevention**

Wednesday, February 20th
9:00-9:30 AM & 5:45-6:15 PM
Multipurpose Room

According to the American Academy of Orthopedic Surgeons almost 7.5 million visits per year are made to physicians' offices due to shoulder problems. Come see some things you can add to your workout to reduce your risk of developing shoulder issues or to help improve problems you might already have.



Personal Trainer: Bill Ackerman **Aqua S.W.A.G.**

Friday, February 15th & Wed., February 20th
10:00-10:30 AM, 10:30-11:00 AM
Main Pool

*Space limited to 6 participants per time block

*Must register in xpiron

Aqua S.W.A.G. is intended for individuals who have plateaued in their current exercise routines, want variety and are interested in completely shedding the pounds/ body fat away without the impact on the body. Cardiovascular training in the pool, along with strength training circuits.



Personal Trainer: Rob Mezzadra **Russian Kettlebell Training**

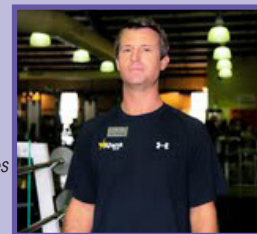
Tuesday, February 19th & Thursday, February 21st
11:00 AM

Indoor Field or Fitness Floor

*Space limited to 12 participants

*Must register in xpiron

RKB Training is a good calorie burning workout that combines strength training, cardio, joint mobility & muscle endurance all in a 20-25 minute session. Through a series of swings, presses & full body movements you will achieve core stabilization & target all major muscle groups.



Personal Trainer: Nicole Bosley-Smith **TRX 101**

Wednesday, February 27th
11:30 AM
Studio 3

*Space limited to 12 participants

*Must register in xpiron

TRX Suspension Training is a dynamic, fast workout that uses your entire body all in one quick 45 minute workout. You control the level of challenge so it is great for any fitness level. Come see what incorporating TRX into your workout can do for your endurance, strength, stability and core!

