

Some Programs are
Seasonal, please reference
the back page for details!

Wellness Programs Schedule

Effective:
August 25, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30 AM	Rise & Grind TF		Rise & Grind TF			5:30 AM		
6:00 AM		GRIT SERIES 3			GRIT SERIES 3	6:00 AM		
8:00 AM			Beginner TRX 3			9:00 AM	Hot Yoga 3	
9:15 AM		MaxFit FF				9:15 AM		
9:30 AM	Barre Burn 3 Pilates Reformer PS	GRIT SERIES TF		Pilates Reformer PS Hot Yoga 3	GRIT SERIES 3	9:30 AM		
10:00 AM		Pilates Reformer PS				10:00 AM		
10:30 AM		TF				10:30 AM		
12:00 PM		Lunch Break FF Aerial Yoga 3		Lunch Break FF Aerial Yoga 3		12:00 PM		
12:30 PM						12:30 PM	5K Prep FF	
1:00 PM						1:00 PM		
4:30 PM	Pilates Reformer PS					4:00 PM		
5:00 PM		Aerial Yoga 3				Key 1 = Studio 1 2 = Studio 2 3 = Studio 3 LP = Leisure Pool RP = Rec Pool MP = Main Pool P= Multi-Purpose Room TF=Turf Field PS=Pilates Studio OF=Outdoor Field FF=Fitness Floor S=Seasonal		
5:30 PM	GRIT SERIES 3	PALS FF	GRIT SERIES 3	PALS FF				
6:00 PM			MaxFit FF		Hot Yoga 3			
6:30 PM		Barre Burn 3						
				5K Prep FF				
7:00 PM		Healthy P.A.C.E		Healthy P.A.C.E				
	Pilates Reformer PS Hot Yoga 3	Pilates Reformer PS RKB/TRX Combo 3	Hot Yoga 3					


**KEEP
CALM**
AND
**LISTEN
TO YOUR
TRAINER**

**EXPERIENCE SPECIALIZED SMALL GROUP PERSONAL
TRAINING WITH AN AFFORDABLE PRICE TAG!**

BRAND NEW TO THE AREA: AERIAL YOGA!

Wellness Program Information

5K PREP PROGRAM

Join Personal Trainer and runner Wendy O'Bryant for a training program leading up a 5k Race!

Program includes a detailed 8 week running program paired with weekly small group personal training. Participants will finish the program with the completion of the 5k race scheduled for the program!

Will Return in the Spring!

AERIAL YOGA

With Kim DeAngelis

Join Personal Trainer and Aerial Fitness Instructor Kim DeAngelis for a unique yoga suspension training program!

Studio 3

Tuesdays @ 12 pm

Tuesdays @ 5 pm

Wednesdays @ 9:30 am

Wednesdays @ 12 pm

Members \$20/ class Discount for Month Registration

Non- Members \$26/ class for Month Registration (One Time Only)

Members Only- Drop In's Welcome \$25/ class (Space Permitting)

BARRE BURN

With Susan Phipps & Kim DeAngelis

A total body experience based on pilates and ballet principles. This low impact class offers an upbeat environment focusing on lengthening and strengthening muscles. Challenge muscles you never knew existed with our Barre Burn program.

Monday's 9:30-10:30 am w/ Susan Phipps

Tuesdays 6-7 pm w/ Kim DeAngelis

Members \$15/ class Discount for Month Registration

Non- Members \$20/ class for Month Registration (One Time Only)

Members Only- Drop In's Welcome \$20/ class (Space Permitting)

RISE & GRIND BOOTCAMP

With Bill Ackerman

Join Bill for our early bird bootcamp on the indoor turf field.

Mondays & Wednesdays

5:30am - 6:30 am

Register for Monthly Enrollment Rate:

Members \$99/ Month

Non- Members \$139/ Month (One Time Only)

Members Only Drop- In's Welcome \$15/ class (Space Permitting)

CRUSH

With Nicole Bosley-Smith & Adam Bramski

Meet Nicole & Adam on the field for 90 minutes of the most intense conditioning. Experience athletic conditioning that guarantees results!

TURKEY CRUSH

Friday November 29 @ 1-2:30 pm Indoor Field

Members \$15

Non- Members \$25

HOT YOGA

Schedule

Thurs - 9:30 am

Mon/Wed - 7:00pm

Fri - 6:00 pm

Sat - 9 am

Member monthly add on: \$24.99-- (4 month minimum)

Member drop in: \$10.00 per class

Non-Member drop in: \$15.00 per class

Yoga only membership: \$69.99-- (4 month minimum)

Private Sessions

1-Hour Session-Individual: \$65

1-Hour Session-Duo: \$40 (per person)

Travelers Package

One week unlimited classes: \$30

One month unlimited classes: \$100

LES MILLS GRIT SERIES

Our trainers and coaches bring you high intensity, science based interval training.

Program Includes:

Pre & Post Screening with physical challenges and body composition assessments.

Implemented nutrition programming and social media integration.

Registration Options:

Tu & Fri: 6-6:30 am-- Studio 2 with Adam & Kim

Tu & Fri: 9:30-10 am—Studio 3 with Justine

Mon & Wed: 5:30-6 pm-- Studio 3 with Gretchen

Members \$10/ class Discount for Two Month Registration

Non- Members \$13/ class for Two Month

Registration (One Time Only)

No Drop In's Permitted

LUNCH BREAK

With Nicole Bosley-Smith

Meet the ladies for Small Group Personal Training during your lunch break! Experience a variety in training and methods that include free weights, cardiovascular equipment, TRX, bootcamp exercise and more!

Tuesdays & Thursdays 12-1 pm

Register for Monthly Enrollment Rate:

Members \$12.50/ class Discount for Month Registration

Non- Members \$16.25/ class for Month

Registration (One Time Only)

Members Only- Drop In's Welcome \$18/ class (Space Permitting)

MAX Fit

With Kathy Wise

Total Body Transformation

Bootcamp style training with Nutritional

Guidance

Class Options:

Wednesdays @ 6 pm

Tuesdays @ 9:15 am

Members \$11/ class Discount for Two Month Registration

Non- Members \$15/ class for Two Month

Registration (One Time Only)

Members Only- Drop In's Welcome \$15/ class (Space Permitting)

PALS FOR LIFE:

Breast Cancer Survivor Program

"The only safe and effective research based exercise program designed specifically for breast cancer survivors and those going through treatment".

This 8 week program is geared toward cancer survivors and patients with an emphasis on strength training to replenish muscle mass lost during treatment. *The program will follow a slow, progressive, weight lifting twice a week that includes upper and lower body exercise in a small group setting with other PALS.*

Patricia Marks, Master Personal Trainer and Exercise Specialist for Breast Cancer is the only personal trainer in Harford County qualified to conduct the PALS for Life Program. Patricia has been with The Arena Club for 10 years and has extensive knowledge in women's health and wellbeing. She is excited to bring this program to the Arena Club and says, *"this program will give women the empowerment over their own bodies and help them bring strength and endurance to move forward".*

PILATES REFORMER

Class Options:

Mondays 9:30-10:30 with Lisa Gerber

Mondays 4:30-5:30 pm with Susan

Mondays 7-8 pm with Susan Phipps

Tuesdays @ 10 am with Kim DeAngelis

Tuesdays 1-2 pm with Susan Phipps

Tuesdays 7-8 pm with Lisa Gerber

Thursdays @ 9:30-10:30 Susan Phipps

Thursdays 7-8 pm with Susan Phipps

Members \$20/ class Discount for Month

Registration

Non- Members \$26/ class for Month Registration (One Time Only)

Members Only- Drop In's Welcome \$25/ class (Space Permitting)

TRX

Group Suspension Training Classes held in Studio 3

Wednesdays 8-8:45 am with Patricia Marks

Members \$10/ class for Month Registration

Non- Members \$13/ class Discount for Month Registration (One Time Only)

Members Only- Drop In's Welcome \$15/ class (Space Permitting)

TRX/ Russian Kettlebell Combo

With Nicole Bosley-Smith & Adam Bramski

Group Suspension training paired with Russian Kettlebells for an intense, high calorie burning class.

Class Options:

Tuesdays 7-8 pm Studio 3

Register for Monthly Enrollment Rate:

Members \$13.33/ class Discount for Month Registration

Non- Members \$17.33/ class for Month

Registration (One Time Only)

Members Only- Drop In's Welcome \$20/ class (Space Permitting)