

## ProActive Group X Training – April 24<sup>th</sup> – August 20<sup>th</sup>, 2017

| MONDAY                                       | TUESDAY                                 | WEDNESDAY   | THURSDAY                              | FRIDAY                               |
|--|---|---|---------------------------------------|--------------------------------------|
|  | 6:15 - 7:00<br>Sunrise Cycle<br>Michael |   | 6:15 - 7:00<br>Sets & Reps<br>Paula   | 6:15 - 7:00<br>C-Squared<br>Suzanne  |
|  |   |   |                                       |                                      |
| 8:00 - 8:45<br>Super Circuit<br>Michael      | 8:00 - 8:45<br>Myo Let Go Yoga<br>Paula | 8:00 - 8:45<br>Dynamic Core<br>& Flexibility<br>Suzanne | 8:00 - 8:45<br>Cardio Mix Up<br>Paula | 8:00 - 8:45<br>Body Blast<br>Suzanne |
|  |   |   |                                       | 9:30 – 10:15<br>Yogalates<br>Paula   |
|  |   |   |                                       |                                      |
| 4:30 – 5:15<br>Straight Up Sculpt<br>Suzanne | 4:30 – 5:15<br>Cycle Circuit<br>Drew    |   | 4:30 – 5:15<br>Yogalates<br>Paula     |                                      |
| 5:30 - 6:15<br>Myo Let Go Yoga<br>Paula      |   | 5:30 - 6:15<br>Dynamic Core<br>& Flexibility<br>Suzanne | 5:30 - 6:15<br>Cycle Circuit<br>Drew  |                                      |

**Please circle the sessions you would like to enroll in.** (Please only sign up for the sessions you know you will attend regularly.) Keep a copy of your new schedule or transfer to your day-planner so you know when you're supposed to be here.

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Guidelines:**

- If you stay in roughly the same time slot, your overall program will be very balanced. When you switch amongst the timeslots, you'll need to ensure you've got enough variety and balance in your program.
- This schedule will run from April 24<sup>th</sup> to August 20<sup>th</sup>, 2017
- Additional sessions may be added if the need arises.
- Scheduled Trainers may change based on availability.
- If you have any questions, contact us at **530-888-0727**



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