

SMALL GROUP TRAINING SCHEDULE

Classes held in The Works Training Academy led by a Certified Coach. Effective June 1, 2024.



Scan me!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:00am			IA FREE WEIGHT FAT BLAST WITH CALEY		IA FREE WEIGHT FAT BLAST WITH CALEY	
9:00am	IA STRENGTH & FOUNDATION WITH NICOLE	IA HEAVY HITTERS WITH DARCY	IA STRENGTH & DEFINITION WITH JOY	IA STRENGTH & FOUNDATION WITH NICOLE	IA STRENGTH & FOUNDATION WITH NICOLE	
10:00am				STRONGER BONES WITH DARCY RESTRICTIONS*		YOUTH HEAVY HITTERS WITH DARCY
10:30am	IA WOMEN WITH WEIGHTS WITH CALEY *Three times per week M/W/F		IA WOMEN WITH WEIGHTS WITH CALEY *Three times per week M/W/F	IA S.S.P FOR WOMEN WITH HARMANI	IA WOMEN WITH WEIGHTS WITH CALEY *Three times per week M/W/F	
11:00am						IA HEAVY HITTERS WITH DARCY
2:00pm	BI FUNCTIONAL STRENGTH WITH JUDY		BI FUNCTIONAL STRENGTH WITH JUDY			
4:30pm		IA FREE WEIGHT FAT BLAST WITH CALEY		YOUTH TRAINING WITH HUNTER		
5:30pm		IA (ROTATION) TRX WITH DARCY		IA HEAVY HITTERS WITH DARCY		
6:30pm		STRONGER BONES WITH DARCY RESTRICTIONS*				

IA Intermediate to Advanced Program

BI Beginner to Intermediate Program

All other class descriptions available on our website.

Light blue classes are part of our package pricing. Package and program pricing available at: www.theworkshealthclub.com/wta

2024 Small Group Training Pricing

Purchase a session package to be used for the following classes:

Package and single sessions available. You can mix and match any of these offerings and attend some or all. Not all are offered monthly.

- Strength & Definition/Foundation
- S.S.P. For Women
- Functional Strength
- Heavy Hitters
- Free Weight Fat blast
- Bootcamp
- Extreme Aqua
- StrongER Bones: Continuation open to Strong Bones participants within 6 months of finishing SB.

Member/Community Pricing: \$15

Package Pricing Options Available: 4 for \$54, 8 for \$100, 12 for \$144

Program Pricing (These sessions are time-limited and are not part of our SGT Pricing schedule.)

- Women with Weights: \$120 for 8 Sessions. Each WWW program may vary. 4-week commitment is encouraged as your coach programs this class for participants.
 - Caley's class meets 3x's/week. Harmani's class meets 1x/week.
- Volleyball Strength & Conditioning (entering HS-Senior): \$96 for 4 weeks (8 Sessions) (By Request)
- HS Strength & Conditioning: \$96 for 4 weeks (8 Sessions) (By Request)
- Youth Training Academy: \$80 for 4 weeks (8 Sessions) (By Request)
 - Includes Youth Heavy Hitters
- Tee Time: \$120 for 8 weeks (8 Sessions) *Spring offering*
- Running Works: \$180 for 6 weeks (12 Sessions) (By Request)