

# SMALL GROUP TRAINING SCHEDULE

Classes held in The Works Training Academy led by a Certified Coach. Effective February 2024.



Scan me!  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:00am			IA <b>FREE WEIGHT FAT BLAST</b> WITH CALEY		IA <b>FREE WEIGHT FAT BLAST</b> WITH CALEY	
8:30am	<b>STRENGTH &amp; FOUNDATION</b> WITH NICOLE	IA				
9:00am		IA <b>HEAVY HITTERS</b> WITH DARCY	IA <b>STRENGTH &amp; DEFINITION</b> WITH JOY	IA <b>STRENGTH &amp; FOUNDATION</b> WITH NICOLE	IA	
9:30am					<b>STRENGTH &amp; FOUNDATION</b> WITH NICOLE IA	
10:30am	IA <b>WOMEN WITH WEIGHTS</b> WITH CALEY *Three times per week M/W/F		IA <b>WOMEN WITH WEIGHTS</b> WITH CALEY *Three times per week M/W/F	IA <b>S.S.P FOR WOMEN</b> WITH HARMANI	IA <b>WOMEN WITH WEIGHTS</b> WITH CALEY *Three times per week M/W/F	
11:00am						IA <b>HEAVY HITTERS</b> WITH DARCY
2:00pm	<b>FUNCTIONAL STRENGTH</b> WITH JUDY BI		<b>FUNCTIONAL STRENGTH</b> WITH JUDY BI			
4:30pm		IA <b>FREE WEIGHT FAT BLAST</b> WITH CALEY		<b>YOUTH TRAINING</b> WITH HUNTER		
5:30pm		IA (ROTATION) <b>FUNCTIONAL HIIT</b> WITH DARCY		IA <b>HEAVY HITTERS</b> WITH DARCY		
6:30pm				IA <b>EXTREME AQUA</b> WITH DARCY (POOL FAC)		



Intermediate to Advanced Program



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](http://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

**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)*
- Tee Time: \$120 for 8 weeks (8 Sessions) *Spring offering*
- Running Works: \$180 for 6 weeks (12 Sessions) *(By Request)*

Register in Member Portal or contact [Corinne.Cannata@wdhospital.org](mailto:Corinne.Cannata@wdhospital.org) to get started.

Email Coach Hunter to get started in the YTA or VB program! [Hunter.Zabkar@wdhospital.org](mailto:Hunter.Zabkar@wdhospital.org)

Email Coach Carrie to get started in the HS S&C program! [Carrie.Bunnell@wdhospital.org](mailto:Carrie.Bunnell@wdhospital.org)