

Group Training and Boot Camp Descriptions

Inferno (Currently Running)

When you think you have no more to give, you will always find more in Inferno. Whether it is competition or camaraderie, the blazing group mentality of Inferno will enable you to push yourself farther than you ever could alone. Our exercises are simple, dynamic movements derived from boot camp style training. Movements are cycled, switched and repeated resulting in a challenging fiery, fury of exertion. When you think you cannot go on, you will inevitably turn to the group for more.

GT Performance (Currently Running)

WARNING: Participation in GT Performance has been shown to increase strength, flexibility, endurance and power. Those taking part should be aware that other side effects will include: 1) a constant desire to redefine your limits 2) improved form and technique, & 3) an increased sense of freedom directly related to building a body and mind that have the ability to take on great challenges both mental and physical

INGREDIENTS: Body weight conditioning, Olympic lifts, Intense Cardio, Kettle bell training, Dynamic flexibility, and more. Don't count yourself out too soon.

Teen GT

Don't leave strength training, technique and nutrition up to what you read in magazines. Come work with professional coaches and learn how to run faster, jump higher and throw farther while gaining a better understanding of performance nutrition. Work hard and play harder. Teen GT, where fun meets function.

Group Training Pricing

Regular Group Training
Fitness and Premium Members \$22.50
Program Participant/Community Members \$30.00

Express Group Training
Fitness and Premium Members \$13.00
Program Participant/Community Members \$18.

Boot Camp

This total body workout is sure to make your heart beat faster and your muscles ask for forgiveness. Boot camp will incorporate body weight, medicine balls, bands and a variety of fitness tools to perform the exercises. Boot Camp is the bridge between group exercise and small-group training.

**Contact the Fitness Director to Sign-up at 952-381-3406
or email personaltraining@sabesjcc.org**

Xpress GT (Currently Running)

A jam-packed 30 minute session of heart pounding muscle building results acceleration. A perfect group for people with a busy schedule and find it hard to schedule time for their personal fitness. Come join us and push your limits of fitness.

The Burn

Join us for full body conditioning and big calorie burn where we'll push, pull, jump, squat and twist using various equipment to keep the heart rate up, rev up our metabolism and build lean muscle. Intense effort produces big results!... toned legs, strong arms, better conditioned heart, increased coordination and balance. Push yourself to the next level of conditioning with this boot camp style class.

GT Circuit (Women's & Senior)

Join us for one hour of full body conditioning and big calorie burn where we'll step, hop, pull and push using various equipment in a Circuit Style Workout designed to keep the heart rate up and rev up our metabolism. A big effort produces big results!... stronger legs, more conditioned heart, better coordination and balance and a new passion for pushing yourself to the next level of conditioning.

* Groups are made of 3-6 people.

Private Groups: See the trainer you would like to work with or contact the Fitness Director at 9523813406

*Sessions do not carry over from one month to another.
Please see the Fitness Director if you have questions