



TEAM TRAINING SCHEDULE

SCHEDULE START DATE 1/12/2019

Please visit us on our website at: www.bostonnorthfitness.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	
06:00 AM								
07:00 AM		AFTERBURN		AFTERBURN				
08:00 AM						08:00 AM	IND. STRENGTH	
08:30 AM	IND. STRENGTH		FOUNDATIONS		FOUNDATIONS	09:00 AM	AFTERBURN	
09:00 AM						10:00 AM		
09:30 AM		AFTERBURN		AFTERBURN				
04:30 PM								
05:30 PM	FOUNDATIONS		FOUNDATIONS		FOUNDATIONS			
06:30 PM	AFTERBURN	AFTERBURN	IND. STRENGTH					

FOUNDATIONS - Foundations will teach you the basic movements that you will need to master before you can move into our Afterburn circuits. It is essential that you learn these movements correctly so that you can advance to more challenging programming in the future. Foundations is not just for beginners! We have “retrained” countless clients on simple moves like push-ups, squats and lunges. Simple fact- if you are doing it right, you are going to see the results that you desire. If you are worried that you won’t be able to keep up in a class with people who have been working out, don’t be. Every single exercise at Boston North Fitness will challenge your functional strength regardless of whether you are a seasoned athlete or have never worked out. Each movement has a progression focusing on building stability, functional strength, and power. The positive atmosphere will make you forget you are working out!

AFTERBURN - Ask yourself, are you getting results from your exercise routine? Are you ready for something different? Many people strength train with weights while others do cardio or aerobics – somewhere between is our Metabolic Training, the new concept offered at Boston North Fitness. Get the benefits of both. Your body will get stronger, your cardiovascular fitness will improve, and you will burn calories and see your body change like never before. It’s been on every major news station and some aspects are being used by many major league sports teams. Metabolic training is a great way to shake things up and give you a full body workout, burn a ton of calories, and get your metabolism going. There is absolutely no way to describe this workout without inviting you to try it.

INDUSTRIAL STRENGTH - Industrial Strength (IS) is a metabolically challenging, full body workout designed to increase strength and power. Unique to Industrial Strength, is the ability to accommodate all levels of fitness from novices to advanced trainees!

FOR MORE INFORMATION AND HOW YOU CAN BE A PART OF THE TEAM TRAINING PROGRAM PLEASE CONTACT:

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