

# CIRCUIT TRAINING CALENDAR



# SEPTEMBER

**CLASSES BY APPOINTMENT ONLY! PLEASE CALL FOR AVAILABILITY 678-617-3824**

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		<b>1</b> 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>2</b> 8:30am Strength & Conditioning (CC) 5:15pm Strength & Conditioning (CC)	<b>3</b> 10:45am Circuit Training (SC) 11:30 Personal Training Class (SC) 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>4</b> 12:30pm Strength & Conditioning (CC)	<b>5</b> 10am Circuit Training (SC)
	<b>6</b> 8:30am Personal Training Class (CC) 10:30am Circuit Training (SC)	<b>7</b> 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>8</b> 8:30am Strength & Conditioning (CC) 5:15pm Strength & Conditioning (CC)	<b>9</b> 10:45am Circuit Training (SC) 11:30 Personal Training Class (SC) 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>10</b> 12:30pm Strength & Conditioning (CC)	<b>11</b> 10am Circuit Training (SC)
<b>13</b>	<b>14</b> 8:30am Personal Training Class (CC) 11:15am Kickboxing Express (JC) 5:30pm Strength & Conditioning (CC)	<b>15</b> 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>16</b> 8:30am Strength & Conditioning (CC) 5:15pm Strength & Conditioning (CC)	<b>17</b> 10:45am Circuit Training (SC) 11:30 Personal Training Class (SC) 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>18</b> 12:30pm Strength & Conditioning (CC)	<b>19</b> 10am Circuit Training (SC)
<b>20</b>	<b>21</b> 8:30am Personal Training Class (CC) 11:15am Kickboxing Express (JC) 5:30pm Strength & Conditioning (CC)	<b>22</b> 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>23</b> 8:30am Strength & Conditioning (CC) 5:15pm Strength & Conditioning (CC)	<b>24</b> 10:45am Circuit Training (SC) 11:30 Personal Training Class (SC) 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>25</b> 12:30pm Strength & Conditioning (CC)	<b>26</b> 10am Circuit Training (SC)
<b>27</b>	<b>28</b> 8:30am Personal Training Class (CC) 11:15am Kickboxing Express (JC) 5:30pm Strength & Conditioning (CC)	<b>29</b> 5:30 Personal Training Class (SC) 6:30pm Circuit Training (SC)	<b>30</b> 8:30am Strength & Conditioning (CC) 5:15pm Strength & Conditioning (CC)	<div style="border: 1px solid black; padding: 5px;"> <p> <a href="http://www.performancepilatesga.com">www.performancepilatesga.com</a>                      2569 PEACHTREE PARKWAY SUITE 270                      CUMMING, GA. 30041                 </p> </div>		

CC – Chris Carter  
 SC – Sophia Condensa  
 JC – Justina Condensa

[www.performancepilatesga.com](http://www.performancepilatesga.com)  
 2569 PEACHTREE PARKWAY SUITE 270  
 CUMMING, GA. 30041

**Class Descriptions:**

**Circuit Training** – Come join us for a 45-minute circuit training workout where we will focus on muscular strength and endurance through a series of exercises targeting the upper and lower body. The benefit of circuit training will be for those who are wanting to increase bone density, improve cardiovascular endurance, muscular strength, and toning your overall physique to feel better and stronger. Circuit training can help tackle weight loss, strength, and increase bone density, and increase performance in everyday life. We will make sure each movement is performed correctly and safely, address and muscle imbalances, and make sure we see progress in each movement that we perform.

**Strength and Conditioning** - This is a muscle building and conditioning class. Exercises will utilize a mixture of equipment and bodyweight to sculpt and define different muscle groups. The class is 45 minutes long. Each class will begin with a warmup then move through complementary circuits to ensure a total body strength training session with a focus on abs as well. The major focus here is strength training and challenging muscular endurance.

**Teen Circuit** - Ages 12-17 Various workouts that boost cardiovascular fitness plus build strength, coordination, functional capabilities using resistance exercises, free weights, kettlebells, and various other equipment.

**Kickboxing Express** – A short but intense 30 minute class using boxing, kickboxing, and athletic conditioning techniques for a great aerobic and muscle strengthening workout. A great cross training workout for all levels.

**Personal Training Class** – A strength-based class in a small group environment utilizing the gym equipment. The trainer will provide a more personalized workout. The class size is 2-4 people.

**Small Group/Semi Private Training** – A small group environment with 2-5 people will provide a personalized workout. The trainer will customize this group to your needs and goals. Available upon request – by appointment only.

**Personal Training** – A personal one-on-one session with one of our trainers. They will focus on your needs and goals, working you out to excel in areas you want to improve. Available upon request – by appointment only.

**Pricing**

Circuit Training/Strength & Conditioning/ Cardio Kickboxing/TRX <b>(Drop in)</b>	\$15	Circuit Training/Strength & Conditioning/ Cardio Kickboxing/TRX <b>10 Pack</b>	\$100
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Teen Circuit Single (Drop in)	\$15	Teen Circuit 10 Pack	\$100
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**\*These classes are available for clients who have a Monthly Unlimited Group Package for no additional charge!**

Personal Training Class Single (Drop in)	\$25	Personal Training Class 10 pack	\$200
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**\*These classes are available for clients who have a Pilates Reformer Package and Unlimited Plus for no additional charge!**

Personal Training Single (Drop in) – 30 min	\$40	Personal Training Single (Drop in) – 1 hr	\$60
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Personal Training 5 Pack – 30 min	\$175	Personal Training 5 Pack – 1 hr	\$275
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Personal Training 10 pack – 30 min	\$300	Personal Training 10 Pack – 1 hr	\$500
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Small Group/Semi Private Training (Drop in) – 45min	\$35		
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Small Group/Semi Private Training 5 Pack – 45 min	\$150		
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Small Group/Semi Private Training 10 Pack – 45 min	\$250		
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**Our Trainers Available Upon Request:**  
**Chris Carter - Sophia Condensa**  
**Justina Condensa - Ryan Mashburn**

***These are cash and check prices only. There will be an additional fee for credit cards.***