



COEUR TRAINING

THE HEART OF FITNESS

2018	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 – 6:00 am	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>
6:00 – 7:00 am	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>
7:30 – 8:30 am		MEGFIT		MEGFIT	
12:00 – 12:45 pm (LUNCH- PUNCH)		COEUR-X		COEUR-X	
2:00 – 3:00 pm	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>
4:30 – 5:30 pm	LINDSFIT		LINDSFIT		
5:00 – 6:00 pm		COEUR STRENGTH		COEUR STRENGTH	
6:00 – 7:00 pm	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>
7:00 – 8:00 pm	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>	<i>Coeur-Camp</i>

Linds-MegFIT: A *WOMEN'S CROSS-TRAINING* workout including cardio, weights, core, and plyometrics with new and fun workouts both inside and outside.

COEUR-CAMP: A *FUNCTIONAL TRAINING* class using TRX, ropes, bands, kettle bells and medicine balls to get you out of your comfort zone and change your body!

CORE-STRENGTH: A *FUNCTIONAL WEIGHT TRAINING CLASS* that focuses on all major movements of the body using various equipment and techniques.

COEUR-X: A *45-Minute TOTAL BODY* circuit training class that will push you to your limits. Incorporating weight training, cardio endurance, and core stability.

COEUR TRAINING OPTIONS

PERSONAL TRAINING (1 on 1):

30 Minute Sessions:

1/week = \$40 each

2/week = \$35 each

3+/week = \$30 each

60 Minute Sessions:

1/week = \$60 each

2/week = \$55 each

3+/week = \$50 each

PERSONAL GROUP TRAINING (2-4 People):

30 Minute Sessions:

1/week = \$25 each

2/week = \$20 each

3+/week = \$15 each

60 Minute Sessions:

1/week = \$40 each

2/week = \$35 each

3+/week = \$30 each

SMALL GROUP TRAINING (8 People Max):

1/week = \$20 each

2+/week = \$15 each

LUNCH-PUNCH CARDS (12 People Max / 45 Minute Classes / 8 Week Expiration):

Regular Punch Card = \$80 / 8 classes

Premier Punch Card = \$120 / 16 classes

**PLEASE NOTE: All training must be paid in full at the beginning of each month.*

** 24-Hour Cancellation Policy for all Individual or Small Group Training Sessions.*

** 12-Hour Cancellation Policy for all Small Group Scheduled Classes.*

** Failure to give sufficient notice results in a full charge for that session!*

POLICIES & PROCEDURES

All new COEUR Training clients will receive a complimentary 30-minute consultation:

-Review of exercise history, injury prevention and goal setting.

-Discuss nutrition, lifestyle recommendations, workout plan and test body composition.

COEUR Training clients will have access to cardio equipment either before or after their scheduled session:

-Please limit your time to 15-minutes on each machine.

Children ages 3 and up can access our Kids-Corner while their parents are training:

-Children must behave as they will not be directly monitored.

*** MUST SIGN-UP FOR EACH PROGRAM TO RESERVE YOUR SPOT ***

*** QUESTIONS CONTACT: Lindsay Herbert (208) 659-2022 / lindsaykay23@hotmail.com ***