

PROGRAM OUTLINE

*** Visit the club's website, for the current program schedule.*

Week # 1	Week # 1 Getting Started <i>Exercise: Body Weight Training Class</i>
Week # 2	Week # 2 Cleanse Guidelines <i>Exercise: Pilates</i>
Week # 3	Week # 3 Low Glycemic Eating Plan <i>Exercise: Resist- A- Band and Core Class</i>
Week # 4	Week # 4 Personal Program Goals & Meal Planning <i>Exercise: Cardio-Strength Class</i>
Week # 5	Week # 5 Reading Food Labels <i>Exercise: Strength Training Forum</i>
Week # 6	Week # 6 Package Foods <i>Exercise: RPM (Spinning Class)</i>
Week # 7	Week # 7 Dining Out Strategies <i>Exercise: Group Strength Training with Dumbbells</i>
Week # 8	Week # 8 Behavior Modification <i>Exercise: Body PUMP</i>
Week # 9	Week # 9 The Psychological & Physiological Effects of Stress <i>Exercise: TRX</i>
Week # 10	Week # 10 Stress Management Strategies <i>Exercise: Bodyflow (Yoga)</i>
Week # 11	Week # 11 Metabolic Hormones <i>Exercise: Resist-a-ball</i>
Week # 12	Week # 12 The Big Picture <i>Exercise: Small Group Cross Training</i>
Week # 13	Week # 13 Program Results & Reviews <i>Exercise: Functional Training Program</i>

