

# Summer 2016

## Small Group Training

**ODU SGT offers a unique opportunity to explore a new dimension of fitness by merging Group Fitness with personal training. Small Group Training offers classes that focus on a specialized format, individualized progression, and skill development.**

### **Registration**

Visit the front desk of the Student Recreation Center to register and purchase your 6 week session pass and sign up for a specific Small Group Training Format. First time participants may shadow the class with no prior registration. Space is limited to those participants who have registered and paid for session. Classes fill on a first-come, first-served basis until capacity is reached.

### **Session 2: June 27-August 5**

Cost for Small Group Training Session: Student- \$25; Member: \$30

*\*Try out one class for free the week of June 27-July 1\**

### **Formats offered for Session 2**

#### **TRX Revolutions**

Coach: Tamara

Days: Tuesday/Thursday

Time: 12:00-1:00pm

Location: SRC Cycle Studio

Class Description: Cardio and strength training in one class! Cycle through a high-cardiovascular workout and then get off the bike to work with TRX Suspension bands to tone and strengthen your body!

#### **HIIT Blast**

Coach: Andrea

Days: Monday/Wednesday

Time: 4:00-5:00pm

Location: Monarch Training Zone

Class Description: This high intensity interval training class will dynamically push you to build your cardiovascular fitness while improving strength and building lean muscle. You will also get to try out a variety of fitness equipment!

[NEED MORE INFORMATION?](#)

Contact Lauren Mayes, Coordinator for Fitness & Wellness at [lrmayes@odu.edu](mailto:lrmayes@odu.edu) , 757.683.4517