



Breakthru Fitness

Small Group Training Schedule 626-396-1700

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	ATC-Adult Total Conditioning Mike		ATC-Adult Total Conditioning Phil		
6:00		Pilates Group Equipment Johnny		Pilates Group Equipment Johnny	
9:00	Pilates Group Equipment Johnny	Pilates Equipment Orientation	Pilates Group Equipment Johnny		
9:30		ATC-Adult Total Conditioning Cesar		ATC-Adult Total Conditioning Phil	
2:00	Young at Heart Pilates Cindy				
3:00	Young at Heart Pilates Cindy		Young at Heart Pilates Cindy	Young at Heart Fitness Training Gary G.	
4:00		Pilates Group Equipment Johnny		Pilates Group Equipment Johnny	
5:00			Pilates Equipment Orientation		
6:00	Pilates Group Equipment Cindy		Pilates Group Equipment Cindy		
7:00			Pilates Equipment Orientation		

ATC-Adult Total Conditioning. If you are looking for a change of pace from your typical workout, this is it. Calorie burning sports drills make this invigorating workout fun. ATC-Adult Total Conditioning sessions are paid with a flat monthly fee and are not transferable to the following month. Members \$49. Non-members \$99.

Pilates Group Equipment Classes can be paid with a drop in rate of \$35. per session, if space is available. Monthly rates are recommended as space is limited to 5 participants. Flat monthly fees are not transferable to the following month. Sessions may be purchased monthly for 1 or 2 times a week.
1x a week for 4 weeks is \$120.00 2x a week for 4 weeks is \$240.00
Non member rate is \$40. a class with no prepaid package discount.

Young at Heart classes are designed for seniors wishing to improve balance, mobility, posture and bone density. All young at Heart classes can be purchased on a single session rate basis for \$30.00 per session. Young art Heart classes are available for members and non members.

FREE Pilates orientation, learn the fundamentals; breathing, pelvis placement, core strength, deep & supported control of movement. Experience Pilates equipment, targeting both its ability to assistance and/or challenge the exercises done on it. Sessions are limited to 5 people, first come, first served. Sign up at the front desk. Be prompt when attending, as we'll provide two back up positions—ready to take those unfilled spots.