

WHY T.E.A.M. TRAINING?

Our T.E.A.M. training provides a cost effective option for those needing the knowledge and guidance of a Genesis Certified Personal Trainer. You will receive individualized attention and also enjoy the added benefit of meeting members with similar goals.

WHAT IS THE DIFFERENCE BETWEEN T.E.A.M. TRAINING AND GENESIS GROUP FITNESS CLASSES?

Instruction vs. Coaching: while Genesis Group Fitness classes provide remarkable instruction, Genesis T.E.A.M. training sessions offer personalized coaching. Each trainer will interact individually with members to ensure you are doing every exercise safely and correctly. T.E.A.M. training sessions are designed for limited amount of members, while Group Fitness Classes are open to all members.

WHAT IS STUDIO X?

Studio X is our new T.E.A.M. training studio located on the second floor on the west end of the track. Studio X provides the member with additional equipment and training tools not found anywhere else in the facility, such as TRX suspension training, kettlebells, battling ropes, training tires, slideboard, and more!

WHERE DO I BEGIN?

Contact Preston Petersen at (316) 634-3142 or any of the instructors listed to set up a complimentary session and/or personal fitness assessment (PFA). This will give you an opportunity to meet with a Certified Personal Trainer to determine which T.E.A.M. training sessions will be right for you.

STUDIO X TRAINERS

Jesse Hermreck
Certified USA Triathlon Coach

Chris Quint
Certified Strength and Conditioning Specialist

Lacey Kerbs
Aerobics and Fitness Association of America

Ben Heithoff
Certified Strength and Conditioning Specialist

Saša Stojic
Aerobics and Fitness Association of America

Kelli Warren
American Council on Exercise

Wendy Williamson
Advanced Health and Fitness Specialist

Preston Petersen
Certified Strength and Conditioning Specialist

WHAT IS THE COST?

Non-Members: **\$22.50 per session**
Member 1 Session Package: **\$17.50**
Member 10 Session Package: **\$150 (\$15 per session)**
Member 20 Session Package: **\$250 (\$12.50 per session)**

Once you purchase a T.E.A.M. training package you will be able to attend any one of the T.E.A.M. training sessions listed on the schedule. Attend the same session weekly or we will develop a custom schedule with a variety of T.E.A.M. training sessions to fit your needs.

genesishealthclubs.com



T.E.A.M. TRAINING

The eXtreme eXercise eXperience

Studio X offers T.E.A.M. group training sessions for a variety of clientele. All sessions are led by experienced Genesis Certified Personal Trainers and provide individualized attention to ensure

MAXIMUM RESULTS!



XTREME TRAINING EXPERIENCE DESCRIPTIONS

AMPED *tier 2-3*
Take your circuit training to the next level! Each week twelve different stations will be set up around the room. You will work at each station for one minute and then have ten seconds to get to the next station. Each exercise can be progressed or regressed to accommodate all fitness levels. *(Group limited to 12)*

BASIC STRENGTH *tier 1*
This course is a great way to get your fitness journey started. Starting a fitness program can be intimidating and this course will give you the guidance to safely and effectively reach your goals. You will learn proper technique while performing all fundamental movements (pushing, pulling, squatting etc.)

BELLS & STRAPS *tier 3*
Combines the use of kettle bells and our TRX suspension straps in a circuit format. Optimal results for a total body workout. *(Group limited to 16)*

PLYO POWER *tier 3*
Meet in the gym for this high intensity class of jumping and agilities maximizing calorie expenditure and whip your legs into shape. Athletes will see improvements in your vertical jump! Learn how to take off and land properly so as to avoid injury all the while working up a sweat and having a good time.

300 *tier 4*
This course is for the fitness enthusiast looking to take it to the next level. Our highest Intensity course we offer!! Strength and power training combined with anaerobic conditioning drills.

TRX Basics *tier 1*
45 minutes of bodyweight exercises using TRX suspension training system addressing: strength, power, flexibility, and mobility. You choose your intensity, from beginners to moderate level.

TRX BALANCE STRENGTH & TRACK *tier 1*
TRX based training session designed to stimulate neuromuscular ability and improve overall body strength 45min of TRX conditioning and followed by 15min of track training.

TRX TRAINING JUST FOR MEN *tier 2*
TRX training is 45min of strength training, core conditioning, and flexibility training. *(Group limited to 6)*

WEEKEND TRX *tier 1-3*
Pure TRX suspension training. This interactive and dynamic class will keep your body moving, toning, burning calories the entire 50 minutes. Class runs from Jan 7th – March 10th.

If you are interested in a group training format that is not on the active schedule, or the times of offered sessions doesn't work for you please contact us and we will try and accommodate you.

XTREME TRAINING EXPERIENCE SCHEDULE

	6:00AM	8:00AM	9:00AM	10:00AM	11:00AM	3:00PM	6:00PM	7:00PM
M		AMPED tier 2 w/ Chris (Studio X)					BELLS & STRAPS tier 3 w/ Ben (Studio X)	TRX BASICS tier 1 w/ Jen (Studio X)
T	300 tier 4 w/ Preston (Studio X)	TRX BASICS tier 1 w/ Destiny (Studio X)		BALANCE, STRENGTH, & TRACK TRAINING tier 2 w/ Kelli			BASIC STRENGTH tier 1 w/ Kelli (Studio X)	AMPED tier 2-3 w/ Saša (Studio X)
W		AMPED tier 2-3 w/ Ben (Studio X)					AMPED tier 2-3 w/ Chris (Studio X)	BASIC STRENGTH tier 1 w/ Fred (Studio X)
TH	300 tier 4 w/ Preston (Studio X)	BASIC STRENGTH tier 1 w/ Destiny (Studio X)					BASIC STRENGTH tier 1 w/ Jen (Studio X)	AMPED tier 2-3 w/ Saša (Studio X)
F	TRX JUST FOR MEN tier 2-3 w/ Kelli (5:30am - Studio X)	TRX BASICS tier 1 w/ Saša (Studio X)						
SAT		WEEKEND TRX tier 2-3 w/ Wendy (7:30am - Studio X)						
SUN								

STUDIO

Our Tier System is set up to accommodate everyone from beginners to beasts
Tier 1: Basic
Tier 2: Moderate Intensity
Tier 3: High Intensity
Tier 4: Advanced



Single Sessions: **\$17.50**
 10 Sessions: **\$150**

All classes are 45 minutes