

# ON YOUR MARK CLASS SCHEDULE

**March 2010** (starting Monday, March 1st 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-6:45 am F Train Lois	6-6:45 am Method Lois	6-7am Cycle Annette	6-7 am F Train Annette/Aaron	6:15-7 am P.E. Emily	7:15-8 am Just Strength Emily
6:45-7:30 am Powerball Pilates Lois	7-8 am Run Annette	7-7:45am F Core Annette	7-8 am Run Emily	7-7:45 am Pilates 360 Heather	8:00-9:00 am F Train Annette
9:30-10:15 am BOSU Emily	12-1 pm Run Emily	9:30-10:15 am F Train Emily		12-1 pm Run Annette	9-9:45 am Powerball Pilates Lois
6-7 pm F Train Aaron					9.00-10:30 am Prime Ride Annette
6-7 pm I ride Emily	5-6 pm Body weight Annette	6-7 pm F Train Annette	5-5:45 pm Just Strength Emily		9:45-10:30 Stretch and Roll Lois
6:15-7 pm Stretch and Roll Annette	6-7 pm Pilates 360 Heather	6-7 pm Run Emily	6-7 pm Cycle Pat		10:30-11:30 am Burn Antonio
7-7:45 pm Method Lois	7-7:45 pm Burn Antonio				
7:30-8:30 pm Swimmers* Pat <small>next session starts March 1st</small>					

**\*Swimmers:** Small group focusing on speed, power and technique on the freestyle stroke. Series of six classes (March 15, 22, 29, April 5, 12, 19) No make up dates. Limited to 4 participants at a minimum. Must pre-register and pre-pay \$120 for series of 6 classes. Chicago Park District pool at 911 S Aberdeen. Pool pass will need to be purchased on first session, 10 week pass for \$35.

## **Cost for classes:**

\$20/class

10 for \$180

\$200 monthly unlimited (included gym membership, \$35 value)

Pre-registration suggested on classes. Available on a first come, first serve basis. Register by calling 312-733-9330 or [annette@oymtraining.com](mailto:annette@oymtraining.com)

## **Gym Memberships:**

\$35/month Use facility for homework routines, general equipment use, biking programs/computrainer

-To enroll in monthly membership client must work with a trainer once a month or have unlimited class package.

-Classes are not included in gym membership.

-Gym membership entitles you to use gym on your own during open hours.

-Breakable contract at anytime without a cancellation fee.

## **Gym hours:**

Monday- Thursday 5:30am -8 pm, Fri, 5:30am – 5:30pm, Saturday 7:15 - 1pm

## **Descriptions of classes**

### **Strength and Biomechanics**

Body Weight: All exercises done with your own bodyweight as resistance for a full body strength workout.

Burn: Fast paced, full body weight training using dumbbells, Bosu, balls and tubing

F Core: All core and all functional. Use your in every plane of movement while training for strength and endurance

F Train: Strength, cardiovascular, balance, agility, full body functional movements

Just Strength: Weights, bands, tubing and TRX will be used to focus on building strength. No cardio drills.

### **Recovery**

Stretch and Roll: Stretch out your tight muscles and do myofascia release with foam rolling. You'll love and hate this.

### **Body Conditioning**

Method: A workout that is all the rage! High volume standing work followed by floor exercises. Burn it up!!

Pilates 360: A contemporary Pilates workout that incorporates BOSU, weights and tubing

Powerball Pilates: Up the anti on your Pilates workout by using the weighted Bosu Ballast ball with your Pilates moves.

### **Endurance**

Cycle: Train with watts, HR, cadence on the CycleOps 300PT bike for a power filled ride

I Ride: Cycle class to Ipod music. All request, all riding.

P.E.: All cardio drills bringing you back to the days of gym class.

Prime (preem) ride: Cycle class but longer and better. Get ready to race! There are awards given to the rider at certain points midrace.

Run: Speed work and hill training interval work on the treadmill

Swimmers: is a small group focusing on speed, power and technique on the freestyle stroke. Series of six classes classes ([March 15, 22, 29, April 5, 12, 19](#))

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