



**ON YOUR MARK**  
COACHING + TRAINING

**Bucktown**

1753 N Damen

773-292-9330

## September 2011

Schedule starts Tuesday, Sept 6. Classes subject to change.

Pre-registration suggested on all classes.

Sign up and check for any class changes at [oymtraining.com](http://oymtraining.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-6:45am Cycle - Annette	6:30-7:15am F train - Emily	6:30-7am JUMP 30 - Emily	6:30-7:15am F train - Annette	6:15-7am Cycle - Annette		
7-7:45am Just Strength - Annette	7:15 - 8 am Rhythm Ride - Emily	7-7:45am Gun Show - Emily		7-7:45am C'mon Legs - Mandy		
9:30-10:15 Cardio Box- Annette	9:30-10:15am Hi Def - Emily	9:30-10:15am F train - Emily	9:30-10:30am Cycle X - Annette	9:30-10:15am F train - Annette	7:15-8am Powerball - Em	
				10:30-11:15am Ropeburn - Mark	8-9am Rhythm Ride - Emily	9-9:30am F Core- Staff
					9-9:45am Hi Def - Brittany	9:30-10am JUMP 30 - Staff
					10-11am Ftrain - Mark	10-10:45 F Train- Staff
6-7pm Cycle X - Melina	5:30-6:15pm F Core - Emily	5:30-6:15pm Ropeburn - Mark	6-6:30 pm JUMP 30 - Brandy			
6:15-7pm F train - Annette	6:15-7 pm Rhythm Ride - Emily	6:15-7pm F train - Pat	6:30-7pm Foam rolling- Brandy			
7-7:45pm Cardio Box - Annette	7-7:45 Just Strength-Brittaney	7-8pm Rhythm Ride - Pat	6:30-7:15pm Cardio Box - Annette			

**FREE WEEK**  
for first timers\*  
see back for details



**ON YOUR MARK**  
COACHING + TRAINING

**West Loop**

1101 W Monroe  
312-733-9330

## September 2011

Schedule starts Tuesday, Sept 6. Classes subject to change.

Pre-registration suggested on all classes.

Sign up and check for any class changes at [oymtraining.com](http://oymtraining.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6-6:45am F train - Brittany	6-7am Cycle - Annette	6-6:45 am F Train - Emily	6:15-7am Run - Megan		
6:45-7:30 F Core - Emily	7-8am Run - Annette	7-7:45am F Core - Annette	7-8am Run -Emily	7-8am Rhythm Ride - Emily	8-8:45am Pre/post - Polly	
				7-8am Pilates 360 -Heather	8-8:45am F Train - Annette	9-10am F train - Pat
		9:30-10:15am F Train - Brittany		9:30-10:15am F train - Emily	9-10:30am Cycle - Annette	10-11am Run - Pat
					10:30-11:15 am Hi Def - Brittany	
	4:30-5 pm Speed Seeker-Annette			4:15 - 5 pm Chaos - Staff		
5-6pm Run - Pat	5-5:45 pm Bodyweight - Annette		5:30-6:30 pm SUPERbrick - Pat			
6-7 pm Rhythm Ride - Emily	6-6:30 pm JUMP 30 - Annette	6-6:45 pm Rope Burn - Brittany	6:30-7:15 pm Gun Show - Pat			
7-7:45pm F Train - Brittany	6:30-7:15 pm F core - Annette	6-7 pm Cycle - Annette	7:15- 8 pm - Brittany			
		7-7:45 pm Run - Annette				

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## CLASS DESCRIPTIONS

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

C'mon Legs: All lower body strength. Your butt will thank you!

Cardio Box: Light weights and boxing techniques get your heart pumping in this full body conditioning class. Use of hitting bags, ropes and target mitts.

Chaos: You cannot get bored in this class! 5 minute ride, 5 min run, 10 strength exercises .... and repeat.

Cycle: Train with watts, HR, and cadence on the CycleOps 300PT bike for a power filled ride. Strict emphasis on cycling efficiency.

Cycle X: start on the bike with cycling drills, go hit the weights and repeat, repeat, repeat 1 hour of fast paced calorie burning goodness.

F Core: Functional Core. All core and all functional. Use your core in every plane of movement using a variety of equipment for a complete core workout.

F Train: Functional Training. Strength, cardiovascular, balance, agility all combined into a circuit for full body, functional and 3 dimensional movements.

Gun Show: All upper body strength.

Hi Def: Use of bodyweight and light weights with hundred of reps to create a burn like no other.

J.U.M.P. 30: Just Utilize More Power. 30 seconds of drill/10 sec rest. Use of ropes, jumping, balls,.. super high intensity. 30 min is all you need.

Just Strength: Think outside the box with weights, bands, tubing and TRX focus on building strength. No cardio drills here.

Pilates 360: Pilates moves with the use of rings, resistance bands and BOSU for a all over burn. Burn, burn, burn.. and more burning.

Powerball: Up the anti on your Core workout by using the weighted Bosu Ballast ball withall your core moves

Pre/post: Pre/post natal specific strength exercises. Focus on pelvic floor and core exercises for pregnancy.

Rhythm Ride: Cycle class to music. Drill based class while jamming out to excellent tunes.

Rope Burn: Jump roping drills and strength exercises mixed. Huge calorie burner!

Run: Speed work and hill training intervals on the treadmill. Strict emphasis on running economy.

Speed Seekers: Take a step outside your comfort zone with this 1/2 hour version of Run class. Guaranteed to get your anaerobic system going.

SUPERbrick: 10 min on bike, 10 min on treadmill x 2 with 2 min transitions. SUPERbrick = SUPERawesome

## COST

\$25 per class

10 pack for \$190

25 pack for \$425

50 pack for \$750

\$200 monthly unlimited\*\*

\*Free week not to be combined with any other offer, coupon, discount. Must be a local resident and above 18 years old. One time use only. No exceptions or extensions. No cash value. Once used you will be exempt from coupons for new members.

\*\*Monthly unlimited memberships are set to automatically renew. A 7 day notice is required from expiration date to end renewal.

Pre-registration suggested on classes. Available on a first come, first serve basis. 3 hour cancellation policy on all classes/packages/months. Loss of class or one day off the month for late cancellations/no shows.

**Register by going to [oymtraining.com](http://oymtraining.com)**