

C I R C U I T F I T N E S S

22 MINUTE WORKOUT

KNOWLEDGE IS POWER

THE PROGRAM

Are you looking for a get in and get out workout? Something that you can fit in during a lunch break or during your child's lesson or practice? If you think about all the short gaps between the important parts of your day, you'll discover many of them. Just take one of those each day and give yourself a gift — a short but intense workout that will feel invigorating and improve the quality of your entire day!

Your goals lie in one of these categories: Wellness (medium low intensity), Fitness (medium high intensity) or Performance (pushing the limits), and the 22 minute workout will work for any of them. Your Trainers job will be to custom design the perfect workout for you and keep it under one half of an hour!

The 22-minute workout is a circuit-training program, which incorporates cardiorespiratory fitness and strength or resistance training. The program is designed to improve muscular strength, muscular endurance and to aid in the promotion of fat loss by burning a high level of calories and over time, increasing metabolism. You still get your warm-up, cool-down and stretch!

The 22 minute workout is available through our personal training program. Due to the circuit nature of the 22-minute workout the use of a Personal Trainer is required to maximize the fitness benefits.

HERE ARE THE OFFICIAL 22 MINUTE® BENEFITS

1. MUSCULAR STRENGTH —The strength or resistance training stations of the circuit will focus on muscular strength. The weight will be challenging enough creating an overload in the muscle fiber, stimulating adaptations that not only improve strength, but also functional fitness and bone density.

2. CARDIORESPIRATORY FITNESS —The circuit maintains your heart rate between 70% - 85%, which the American College of Sports Medicine recommends as the level sufficient to achieve improvements in cardiorespiratory fitness.

3. MUSCULAR ENDURANCE —The combination of high repetitions and limited recovery periods result in improved stamina, energy and help reduce stress by stimulating the production of natural endorphins.

4. FLEXIBILITY —With such a great variety of movement and range of motion in your joints and muscles and with increased circulation in every inch of your body, you will also see flexibility gains. Your trainer will also help you stretch each major muscle group at the end of your session.

HERE'S WHAT MEMBERS HAVE TO SAY

"I was very skeptical about the concept of getting a whole body workout in 22 minutes, especially for an experienced exerciser. I was shocked by the quality of this workout in such a short time."

-Brian Gregory - Club Member

FREE

22 MINUTE WORKOUT

First time visitors only. Must be LOCAL RESIDENT, over the age of 18 years and must make an appointment. Valid photo I.D. required.