



# IRON TRAINING



# LEAN18

8 WEEK WEIGHT LOSS CHALLENGE

## MONDAY

**CARDIO COMBAT** **8AM**  
**NIKKI SHAFFER**

A high intensity workout that utilizes combat techniques in a circuit type session. With guided mitt instruction, focus on agility, and core stability, this high energy environment is perfect for all.

**IRON STRENGTH** **9AM**  
**THOMAS BARNETT**

Designed to increase/maintain lean muscle which will have your body burning more calories, functioning better, & looking phenomenal.

## TUESDAY

**IRON CONDITIONING** **6:00AM**  
**THOMAS BARNETT**

Designed to increase/maintain lean muscle which will have your body burning more calories, functioning better, & looking phenomenal.

**IRON TRX** **5:30PM**  
**THOMAS BARNETT**

Suspension training that develops strength, balance, flexibility, and core stability simultaneously through a variety of exercises that target the entire body.

**IRON CONDITIONING** **6:30PM**  
**MIKE KELLEY**

Ignites cardiovascular fitness and muscle toning. Exercise using body weight, dumbbells, resistance bands & more to burn fat and improve your physique.

## WEDNESDAY

**CARDIO COMBAT** **8AM**  
**NIKKI SHAFFER**

A high intensity workout that utilizes combat techniques in a circuit type session. With guided mitt instruction, focus on agility, and core stability, this high energy environment is perfect for all.

**IRON TRX** **9AM**  
**THOMAS BARNETT**

Suspension training that develops strength, balance, flexibility, and core stability simultaneously through a variety of exercises that target the entire body.

**IRON STRENGTH & COND.** **5:30PM**  
**THOMAS BARNETT**

S&C emphasizes constantly-varied, high-intensity functional movement. Work cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, and balance, maximizing your performance and fitness for any physical challenge or activity!

## THURSDAY

**IRON STRENGTH** **6AM**  
**THOMAS BARNETT**

Designed to increase/maintain lean muscle which will have your body burning more calories, functioning better, & looking phenomenal.

**IRON STRENGTH** **10AM**  
**MIKE KELLEY**

Designed to increase/maintain lean muscle which will have your body burning more calories, functioning better, & looking phenomenal.

**IRON CARDIO COMBAT** **5:30PM**  
**THOMAS BARNETT**

A high intensity workout that utilizes combat techniques in a circuit type session. With guided mitt instruction, focus on agility, and core stability, this high energy environment is perfect for all.

## FRIDAY

**IRON CARDIO COMBAT** **6AM**  
**THOMAS BARNETT**

A high intensity workout that utilizes combat techniques in a circuit type session. With guided mitt instruction, focus on agility, and core stability, this high energy environment is perfect for all.

**IRON CONDITIONING** **9AM**  
**THOMAS BARNETT**

Ignites cardiovascular fitness and muscle toning. Exercise using body weight, dumbbells, resistance bands & more to burn fat and improve your physique.

## SATURDAY

**IRON STRENGTH** **9AM**  
**THOMAS BARNETT**

Designed to increase/maintain lean muscle which will have your body burning more calories, functioning better, & looking phenomenal.

# LEAN18

8 WEEK WEIGHT LOSS CHALLENGE

16 SESSIONS INCLUDED  
MUST BE USED WITHIN 8 WEEKS OF START DATE