



SUMMER 2020 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 am <u>Adult High Performance - Total Body</u>		6:00 am <u>Adult High Performance - Total Body</u>		
9:30 am <u>StrongGirls</u> Metabolic Focus		9:30 am <u>StrongGirls</u> Density Focus		9:30 am <u>StrongGirls</u> Strength Focus	9:30 am <u>Adult High Performance - Total Body</u>
6:00 pm <u>StrongGirls</u> Metabolic Focus	6:00 pm <u>Adult High Performance - Total Body</u>		6:00 pm <u>Adult High Performance - Total Body</u>		

ALL CLASSES ARE CO-ED

ALL CLASSES ARE AVAILABLE ON ZOOM AS IN THE GYM

 [altraininginstitute](https://www.facebook.com/altraininginstitute)

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***UPDATED CANCELLATION POLICY**

Early cancellation cut off time is 2 hr before class

\$15+hst courtesy fee is charged OR class pass is applied in event of late cancellation or no show depending on your package

2824 Barton Street East
Stoney Creek, ON, L8E 2J9
289-246-9000

www.altraininginstitute.com
info@altraininginstitute.com

Class Descriptions

STRONGGIRLS - Currently running as COED class

StrongGirls started in late 2015 as a group training program simply intended to introduce women to the many benefits of resistance training. Entering 2019, StrongGirls is now a community of women who motivate and support one another and have built real friendships over their mutual desire to become better versions of themselves.

The goal remains the same - teach women the many benefits of resistance and high-intensity training, but it's so much more than that now. You'll be looking forward to your next workout from the moment you leave the gym because you'll be surrounded by people who THRIVE off helping one another. There's no judgement or criticism. There is hard work, laughs, high fives, and RESULTS. That's what StrongGirls is all about.

The Workouts

The program is written in 4-week blocks consisting of 3 workouts per week - *metabolic resistance training, high-intensity interval training and progressive strength training days* - *check out our website for more detail on each class type.*

Adult High Performance - Co-Ed class

Our Adult High Performance class is our unique take on "boot camp" style training here at ALP-TI.

Challenging, effective, maybe even a little competitive at times (all in good fun no one's been harmed or injured during these periods of shenanigans) - these workouts are modeled after the team training sessions we've taken athletes through for years! "Support and teamwork" are a few words you'll often hear in these classes!

The big difference, rather than preparing you to kick ass in sport, we've built this program to help you kick ass in life!

For most people that means a few things:

- Losing stubborn and/or unwanted body fat
- Improving your overall strength and mobility
- Building muscle not to bulk up, but to look great and function better in life
- Improving confidence, cognitive functioning (some of our drills will work your brain without you even knowing it), and sense of well-being
- Learning a little about good nutrition habits (meal prep, etc), recovery, sleep, stress reduction, etc.
- Moving and feeling better than you ever imagined!
- Getting rid of your aches and pains and reducing anti-inflammatory medications (among other medications either currently taken or going to be prescribed soon if no change in lifestyle)

If you were an athlete or always wanted to live a little more of that lifestyle (aside from the rich and famous part sorry we can't help you out there), this class offers you the ability to train a little more like an athlete and challenge yourself to exceed your limits and optimize your performance!