



## FORCES IN TRAINING

### STADPLEX FITNESS AND SPORTS CENTRE SUMMER CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0830					
0830-0930	FORCE PREP	FORCE PREP	FORCE PREP	FORCE PREP	FORCE PREP*
0930-01030					
1130-1300					
1215-1300	UPPER BODY AND CORE	SPIN	YOGA <b>NEW</b> TACTICAL ATHLETE	LOWER BODY AND CARDIO	STEP AEROBICS

*\*The last Friday of every month will be a FORCE Famil session*

**TACTICAL ATHLETE** – Tactical Athlete is a class designed to focus on the fundamentals of tactical strength and conditioning. Weightlifting, calisthenics, austere training may be employed. Come out and improve your combat abilities while training to be a well-rounded Tactical Athlete. **\*\*\*PLEASE NOTE\*\*\* maximum 10 participants per class.**