

Fall 2016

Small Group Training

ODU SGT offers a unique opportunity to explore a new dimension of fitness by merging Group Fitness with personal training. Small Group Training offers classes that focus on a specialized format, individualized progression, and skill development.

Registration

Visit the front desk of the Student Recreation Center to register and purchase your 6 week session pass and sign up for a specific Small Group Training Format. First time participants may shadow the class with no prior registration. Space is limited to those participants who have registered and paid for session. Classes fill on a first-come, first-served basis until capacity is reached.

Session 1: September 12-October 21 (Registration begins August 16)

Cost for Small Group Training Session: Student- \$25; Member: \$30

Formats offered for Session 1

Lifting Fundamentals

Coach: Justin

Days: Tuesday/Thursday

Time: 11:00am-12:00pm

Location: Monarch Training Zone

TRX HIIT

Coach: Rico

Days: Tuesday/Thursday

Time: 6:30-7:15am

Location: Studio B

Sunrise Pilates Yoga Fusion

Coach: Shanon

Days: Tuesday/Thursday

Time: 6:30-7:30am

Location: Studio C

TRX Revolutions

Coach: Tamara and Melissa

Days: Tuesday/Thursday

Time: 12:00-1:00pm

Location: Cycle Studio

[NEED MORE INFORMATION?](#)

Contact Lauren Mayes, Coordinator for
Fitness & Wellness at lmayes@odu.edu ,

Fall 2016 Small Group Training Descriptions

Lifting Fundamentals: In this six week session you will be introduced to three main lifts: squat, bench press, and deadlift. This class is designed to go over each movement in a slower and more detail oriented pace. The class period will consist of instruction of the lifts, a program to guide you through progression of the lifts, and auxillary work to aid in the efficiency of the three lifts.

Sunrise Pilates Yoga Fusion: This class incorporates 30 minutes of Pilates where you will strengthen all muscles with a focus on the core. During the Pilates section, you will learn the proper breakdown, technique, and terms of the Pilates exercises, while progressing to more difficult movements and incorporating props. The second half of the class focuses on a Yoga flow.

TRX HIIT: Achieve a full body workout emphasizing core performance that is tailored to your ability. The pendulum principle and suspension training allow you to maximize lifting like never before. TRX® is the perfect way to tone up and have fun!

TRX Revolutions: Cardio and strength training in one class! Cycle through a high-cardiovascular workout and then get off the bike to work with TRX Suspension bands to tone and strengthen your body!