



DIF
DIGMAN FITNESS
 RESTORE YOUR BODY. REVITALIZE YOUR LIFE.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Anaerobic Madness	Functional Core Strength	Anaerobic Madness	Functional Core Strength	Anaerobic Madness		No Training on Sundays
6:00 AM	Anaerobic Madness	Functional Core Strength	Anaerobic Madness	Functional Core Strength	Anaerobic Madness		
7:00 AM							
8:00 AM						Open Houses Once Monthly	
8:30 AM	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration		
10:00 AM							
11:00 AM							
Noon							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Functional Core Mix	Anaerobic Madness	Functional Core Mix	Anaerobic Madness			
6:00 PM	Functional Core Mix	Anaerobic Madness	Functional Core Mix	Anaerobic Madness			

Class Descriptions

Anaerobic Madness: This class offers a fun variety of multiple functional movements that will increase your heart rate to new levels and provide a new spark to your training! This is great for those at any level competitive athlete, recreational athlete or weight loss.

* Variations and progressions in all techniques are taught throughout

Functional Core Strength: This is a great class for all levels wanting to improve core strength! Progressions and variations are taught through all body weight, kettlebell and weight training exercises. Those looking to improve core strength from the ground up will greatly appreciate the benefits of this program. There is a great emphasis on injury prevention exercises also in all classes.

Regeneration: A must for those looking to regain their bodies or start fresh! This class is at a beginner to moderate level that teaches all of the basic functional movements with an emphasis on mobility, stability and rehab-specific exercises.

After-School Programs: These programs are offered seasonally in the spring and summer months which provides young kids (ages 5-12) with fun lifestyle activities

* **Re-Assessments are done every 4-6 weeks upon schedule of client and trainer**

* **Open spaces are reserved for one-one training**