

February

CLASS SCHEDULE



Men's Health
America's Top 20 Gyms
2005 & 2008



CHECK OUT NEW CLASSES!:

OPEN MAT PILATES @ Tues & Sat KETTLEBELL 1 @ Th & Sat KETTLEBELL 2 @ Sat

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						Open Mat Pilates BEGINS 2/7/09!! (8:00am-9:am)
9:00am						Sport Yoga (9:00am-10:am)
9:30am						Kettlebell Level 1 (10:00-10:45)
10:00am						
10:30am						Kettlebell Level 2 (11:00-11:45)
11:00am						
12:00 Noon						
4:30pm	KIDS Boxing (4:30-5:30)	KIDS Kickboxing (4:30-5:30)	KIDS Boxing (4:30-5:30)	KIDS Kickboxing (4:30-5:30)		
5:30pm						
6:00pm	Gutts & Butts (6:15-7:00)	Open Mat Pilates BEGINS 2/10/09!! (6:15-7:00)	Gutts & Butts (6:15-7:00)	Kettlebell Level 1 (6:15-7:00)		
6:30pm						
7:00pm	Boxing All Levels Level I - Area A Level II - Area B (7:00-8:00)	Muay Thai Kickboxing All Levels Level I - Area A Level II - Area B (7:30-8:30)	Boxing All Levels Level I - Area A Level II - Area B (7:00-8:00)	Muay Thai Kickboxing All Levels Level I - Area A Level II - Area B (7:30-8:30)	Boxing All Levels Level I - Area A Level II - Area B (7:00-8:00)	
7:30pm						
8:00pm						
8:30pm						

Gym Hours: Monday-Friday: 5:45am-9pm Saturday: 7am-6pm Sunday: 8am-2pm

TOTAL PERFORMANCE SPORTS 11 Victoria Street, Everett, MA 02149 Ph: 617-387-5998 Fx: 617-387-5886 www.totalperformancesports.com info@totalperformancesports.com

BOXING



With boxing techniques taken straight from the Olympic training center, our trainers are equipped with the knowledge and experience to get you ring ready in no time! You'll learn how to shadow box, jump rope, work the heavy bags and hit focus mitts. Our innovative conditioning system combines a unique blend of plyometrics, medicine ball drills, and good old fashioned calisthenics guaranteed to raise your heart rate and burn away that unwanted fat. No matter what your fitness level or goals, you'll burn fat, gain muscle, get in overall better shape – all while having fun. And you'll be doing it with the area's most notable trainers and coaches.



KIDS Boxing Ages: 6-12: There are only winners in our junior's boxing program. Youngsters learn how to punch, evade, and slip their way into success. Our Golden Gloves-savvy staff will show your little champ the skills reserved for those native to the ring.

MUAY THAI KICK BOXING



Muay Thai kickboxing, a stand-up striking system, develops devastating power, speed and superb cardiovascular endurance as well as fighting spirit. Sometimes referred to as "the science of eight limbs", This martial arts style incorporates the use of arms, legs, knees and elbows making it the most powerful and toughest ring sport in the world. A great program for students of all ages and abilities, you'll learn the defensive elements of authentic Muay Thai kickboxing and master practical drills, skills and techniques all while making friends, getting into shape and having fun. Classes include cardio and abdominal work, a full array of pad and heavy bag exercises, punching, kicking, and blocking techniques that are sure to get you into shape.



KIDS Kickboxing Ages: 6-12: Punches and kicks are flying high in our youth kickboxing program. Kids will learn Thai-inspired kicks, knees, and elbow techniques. A commitment to discipline and excellence are expected in this class.

KETTLEBELLS: Level 1 & 2



The best way to get a lean, sexy and a well defined physique is with a proven combination of strength training and cardio. And kettlebells are the perfect way to get there! Developed in Eastern Europe, kettlebells are designed to increase both cardiovascular endurance and muscular strength quickly. And that's why we use them! In 45 minutes, you will be challenged to increase your endurance as well as your overall strength using kettlebells. They may look odd, but your results will be spectacular!

Level 1: Class will have straight sets, circuits, and some supersets and focus on proficiency & technique in movements, hand positioning.

Level 2: MUST BE APPROVED BY THE INSTRUCTOR BEFORE TAKING THIS CLASS! Level 2 class will build on Level 1 by challenging students to a greater degree with new movements, variations of the previous, double supersets (doing two sets in a row without resting), and giant sets with little to no rest between exercises.

We recommend that you bring your own kettlebells if you have them. No bells? Get them from TPS and save 10% !!

GUTTS & BUTTS



Designed to pack a wallop in just 45 minutes, each class is crafted to target those pesky trouble areas: **ABS & GLUTES!** We've combined high intensity circuit drills, body weight movements, medicine balls, with cardio and specific ab and glute exercises to lose that junk in the trunk once and for all!

OPEN MAT PILATES



The Open Mat Pilates Class is designed for everyone! We'll teach you the fundamentals of the Pilates mat techniques focusing on strengthening and stretching core muscles, upper and lower body conditioning, different breathing techniques and integrations of other body-mind techniques. Students usually work at their own level and capacity.

SPORT YOGA



Yoga can be an important part to any training and sport program. Yoga develops strength, flexibility, endurance and mental clarity that are important for athletes to become successful, yet many shy away because of the philosophical connotations.

Sport yoga is the solution. Sport Yoga focuses on the athleticism, fitness and stretching aspects and can be incorporated into any training program for athletes, regardless of sports. Perfect for before or after your training.