



TEAM TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOTAL BODY BOOTCAMP 5:30am - John	QUICK HIIT 9:30am - Amy B	STRENGTH, CONDITIONING & ENDURANCE 9:00am - Christos	CORE EXPRESS 9:30am - Christina	TOTAL BODY BOOTCAMP 5:30am - Michele	TOTAL BODY BOOTCAMP 8:00am - John	SWEAT & STRETCH SUNDAYS 8:00am - Josh
MUSCLE MASS MONDAYS 9:00am - Josh	CORE & CONDITIONING 12:00pm - Christina	TOTAL BODY BOOTCAMP 12:00pm - Wes	CORE & CONDITIONING 12:00pm - Christina	QUICK HIIT 9:30am - Amy B	STRENGTH, CONDITIONING & ENDURANCE 9:00am - Christos	SWEAT & STRETCH SUNDAYS 9:00am - Josh
TOTAL BODY BOOTCAMP 12:00pm - Wes	STRENGTH, CONDITIONING & ENDURANCE 4:30pm - Wes	POWER & PERFORMANCE 6:00pm - Amy	TOTAL BODY BOOTCAMP 4:30pm - Wes	TOTAL BODY BOOTCAMP 12:00pm - Wes		
MUSCLE MASS MONDAYS 6:00pm - Josh	STRENGTH, CONDITIONING & ENDURANCE 6:00pm - Wes		TOTAL BODY BOOTCAMP 6:00pm - Wes			

LOCATION: OUTDOOR FITNESS TENT

These classes are available to those with Elite Membership and with Team Training access through programming.

- Reservations can be made up to 48 hrs in advance on the FREE Weymouth Club app.
- Members must cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.
- DROP IN: \$20/class - member, \$30/class - non-member
 - Quick HIIT drop-in fee is \$10
- Schedule subject to change

TEAM TRAINING CLASS DESCRIPTIONS

Strength, Conditioning & Endurance

A combination of weightlifting and HIIT to give you a total-body workout that will develop your conditioning and endurance level

Total Body Bootcamp

Trainers will use formats such as circuit training, HIIT, Tabata, AMRAP, and classic strength training to deliver a variety of challenging total-body workouts that change from class to class.

Sweat & Stretch

Cardio, mobility, and power to build functional strength that moves with you. Stretching to restore.

Core & Conditioning

These total-body classes emphasize strengthening your core and improving your overall conditioning.

Quick HIIT

A high-energy, 25-minute HIIT experience combining athletic conditioning, functional strength, agility, and core training. Expect challenging intervals designed to elevate your heart rate, build power, and maximize every minute. Fast-paced, focused, and performance-driven.

Power & Performance: Team Challenge

Power & Performance: Team Challenge is an elevated athletic training experience combining strength, agility, core stability, and teamwork. Dynamic workouts and team drills create a motivating, high-energy environment designed to challenge your performance—and deliver a great sweat.

CORE Express

25-minute workout focused on strengthening your core.

Muscle Mass Mondays

Start your week strong. A no-nonsense strength session to build muscle and set the tone for the week ahead.