



ON YOUR MARK
COACHING + TRAINING

OYM Class Schedule Feb 2011

Classes subject to change. Pre-registration suggested on all classes.
Schedule starts Monday 1/31/11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6-6:45am Powerball Pilates- Lois	6-7am Cycle - Annette	6-6:45 am F Train - Emily	6:15-7am Run - Megan		
6:45-7:30 F Core - Emily	7-8am Run - Annette	7-7:45am F Core - Annette	7-8am Run -Emily	7-8am Cycle - Annette		
				7-8am Pilates 360 -Heather	8-9am F Train - Annette	9-9:45am F train
9:30-10:15am F train BOSU - Emily	9:30-10:30am Run - Annette	9:30-10:15am F Train - Emily	9:30-10:30am NEW! Cycle Cross - Emily	9:30-10:15am F Train - Emily	9-10 am Cycle - Annette	10-11am Run
		12:15-1pm F Train		12:15-1pm F Train BOSU	10-11 am I Ride - Annette	
					9-9:45am Powerball Pilates-Lois	
	4:30-5pm Speed Seekers -Emily		4:30-5pm Speed Seeker-Annette	4:15 - 5 pm NEW! Chaos - Annette	11-11:30am Speed Seeker	
5-6pm Run - Emily	5-6pm Bodyweight - Annette	5-6pm NEW! SUPERbrick - Annette	5-5:30 pm Just Strength - Emily		11:30-12 pm Speed Seeker	
6-7 pm I Ride - Emily	6-6:30pm Speed Seeker-Annette	6-7 pm F Train - Annette				
6:15-7pm Cardio Box- Lois	6-7pm Pilates 360 -Heather		6-7 pm NEW! SUPERbrick - Pat			
7-7:45pm F Train - Lois		7-7:45 pm NEW! Chaos - Annette				

Class Descriptions



Body Conditioning	Endurance	Strength
<p>Cardio Box: Light weight and boxing techniques get your heart pumping in this full body conditioning class. Use of hitting bags, rope and target mitts. Pilates</p> <p>Chaos: You cannot get bored in this class! 5 minutes ride, 5 min run, 10 strength exercises and repeat.</p> <p>Pilates 360: Pilates moves with the use of rings, resistance bands and BOSU for a all over burn.</p> <p>Powerball Pilates: Up the anti on your Pilates workout by using the weighted Bosu Ballast ball with your Pilates moves.</p>	<p>Cycle: Train with watts, HR, and cadence on the CycleOps 300PT bike for a power filled ride. Strict emphasis on cycling efficiency.</p> <p>Cycle Cross: The best of both worlds...cycling and strength training. Mixing it up and moving back and forth from bike to weights and back again.</p> <p>I Ride: Cycle class to Ipod music. All request, all riding. I Ride is like a box of chocolates, you never know what you're gonna get!</p> <p>Run: Speed work and hill training intervals on the treadmill. Strict emphasis on running economy.</p> <p>Speed Seekers: Take a step outside your comfort zone with this 1/2 hour version of Run class. Guaranteed to get your anaerobic system going.</p> <p>SUPERbrick: 10 min on bike, 10 min on treadmill x 2 with 2 min transitions. SUPERbrick = SUPERawesome</p>	<p>Body Weight: All exercises done with your own bodyweight as resistance for a full body strength workout.</p> <p>F Core: Functional Core. All core and all functional. Use your Core in every plane of movement while training for strength and endurance</p> <p>F Train: Functional Training. Strength, cardiovascular, balance, agility, full body functional-multi directional movements</p> <p>F Train BOSU: Functional Training. All the qualities of F Train with more finesse including balance and stability.</p> <p>Just Strength: Think outside the box with weights, bands, tubing and TRX--- focus on building strength.</p>

1101 W Monroe
Chicago IL 60607
312-733-9330
oymtraining.com
info@oymtraining.com

General Info

dzs

Cost for Classes	Membership	Hours
<p>\$20 per class 10 pack for \$180 \$200 monthly unlimited (included gym membership)</p> <p>Pre-registration suggested on classes. Available on a first come, first serve basis. Register by going to oymtraining.com and clicking on MINDBODY link.</p>	<p>\$35/month</p> <ul style="list-style-type: none"> -To enroll in monthly membership client must work with a trainer once a month or have unlimited class package. -Classes are not included in gym membership. -Gym membership entitles you to use gym on your own during open hours. -Breakable contract at anytime 	<p>Monday- Thursday 5:30am -8:30pm Friday 5:30am – 6:30pm Saturday 7am - 1pm Sunday 8am-12pm</p>

Register Online at:
oymtraining.com
click on MindBody