



Fall 2013 Training Schedule

www.startinglinehealthandfitness.com

248.844.3913

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Boot Camp: Endurance <i>Coach Chip</i>	Boot Camp: Power <i>Coach Logan</i>	Boot Camp: Tabata <i>Coach Chip</i>	Boot Camp: Hustle/Muscle <i>Coach Logan</i>	Boot Camp: Strength <i>Coach Chip</i>	Boot Camp 7:00am <i>Coach Kevin</i>
8:00am	Boot Camp: Endurance <i>Coach Chip</i>	Boot Camp: RowFit <i>Coach Logan</i>	Boot Camp: Tabata <i>Coach Chip</i>	Boot Camp: RowFit <i>Coach Logan</i>	Boot Camp: Strength <i>Coach Chip</i>	Boot Camp 8:00am <i>Coach Kevin</i>
9:00am	Boot Camp: Endurance <i>Coach Chip</i>	Boot Camp <i>Coach Kevin</i>	Boot Camp: Tabata <i>Coach Chip</i>	Boot Camp <i>Coach Kevin</i>	Boot Camp: Strength <i>Coach Chip</i>	Evaluation and Introduction
3:00pm	Speed & Agility <i>Coach Kevin</i>	Power & Performance <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	Power & Performance <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	
3:30pm	Stretch and Foam Roll <i>Coach Chip</i>		Stretch and Foam Roll <i>Coach Chip</i>		Stretch and Foam Roll <i>Coach Chip</i>	
4:00pm	Power & Performance <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	Power & Performance <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	Power & Performance <i>Coach Kevin</i>	
	GTS <i>Coach Chip</i>	LAX Academy <i>Coach Debbie</i>	GTS <i>Coach Chip</i>	LAX Academy <i>Coach Debbie</i>	GTS <i>Coach Chip</i>	
5:00pm	Speed & Agility <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	
	Power & Performance <i>Coach Chip</i>	Youth Sports <i>Coach Pat</i>	Power & Performance <i>Coach Chip</i>	Youth Sports <i>Coach Pat</i>	Power & Performance <i>Coach Chip</i>	
6:00pm	Boot Camp <i>Coach Kevin</i>	Boot Camp <i>Coach Kevin</i>	Boot Camp <i>Coach Kevin</i>	Boot Camp <i>Coach Kevin</i>		
		Brooksie Way Boot Camp <i>Coach Debbie</i>		Brooksie Way Boot Camp <i>Coach Debbie</i>		

New Class...Stretch and Foam Roll w/ Coach Chip

30-minutes of flexibility and mobility drills

\$10/ session or 10-sessions for \$50



SLHF Running Club
Saturday Mornings 7:00am

Free!

Join us for 3-12 miles on the trails!

