

SPECIALTIES & TRAINING TOOLS	Brian	Carl	Deirdre	Elise	Erik	Jai	Jennifer K.	Lindsey	Nancy	Todd
Athletic Style Workouts	x				x		x			x
Battling Ropes	x									
Body Weight Resistance Exercises	x	x	x	x	x	x	x			x
BOSU	x		x			x	x			x
Boxing										x
Cancer patients/survivors			x			x	x			
Circuit Training	x		x	x	x	x	x			x
Deep H2O						x			x	
Duets (2-1)		x	x		x	x				
Dumbbells/Barbells	x		x	x	x	x				x
Early morning appointments (6am)	x			x			x			x
Evening appointments (after 5pm)		x	x		x	x	x	x		x
Fat Loss	x		x	x	x	x	x			x
Foam Roller							x			x
Functional training	x			x	x	x	x			x
High Intensity Interval Training	x	x	x		x		x			x
Hiking				x						
Kettlebells	x	x	x							
Lunchtime appointments	x	x			x	x	x			x
Outdoor cycling										
Olympic Lifting		x			x					x
Pilates Mat						x	x			
Plyometrics		x								x
PNF							x			
Powerlifting		x			x					x
Rowing		x			x					
Running		x					x			
Seniors (over 55 years)	x		x	x		x	x	x	x	x
Shallow H2O				x		x	x		x	x
Small Group Training		x			x					
Spinning			x			x				
Sport (speed & agility)	x	x			x					x
Sport (strength & power)	x	x			x					x
Sports-specific (basketball)	x									x
Sports-specific (track)	x						x			x
Sports-specific (volleyball)	x									
Strength & Conditioning	x		x		x		x			x
Track workouts							x			x
Transition from physical therapy				x		x	x			x
Triathlon Training							x			
TRX Suspension Trainer	x		x							
TRX Rip Trainer	x									
Walking				x						
Weight Management	x		x	x	x	x	x			x
Weekend appointments	x				x		x	x		x
Yoga						x	x	x		