

Personal Training with KT

Classes start February 2nd-28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						3-2-1 GO! Katie- <b>R</b>
9:00am						Power Sculpt Caitlin- <b>K</b>
6:00pm		Strength Circuits Katie- <b>K</b> Ball Blast Katy- <b>R</b>		Power Sculpt Caitlin- <b>R</b>		
7:15pm				T-N-T Katie- <b>W</b>		<b>W</b> =Wanamingo <b>K</b> =Kenyon <b>R</b> =Rochester

\*If a minimum of 3 people do not sign up for a class, instructor reserves the right to cancel the class

\*All classes are 4 weeks long and are held at Workout 24/7 of Kenyon, Wanamingo Cafeteria, and PT with KT Studio unless otherwise stated on the schedule \*\*All classes are 45 minutes

3-2-1 GO! Do you get bored easily? If so, this class is perfect for the beginner exerciser to the more advanced exerciser! It started with 3 minutes of strength, 2 minutes of cardio activity, and 1 minute of abs for 45 minutes!

Ball Blast Cardio and toning combined into one class! This is a full body workout using just a stability ball! Come and learn new exercises that you can bring home with you!!!

Strength Circuits Get you heart rate pumping with this class! Katie will use circuits that include stations and drills such as agility, speed and quickness training, plyometrics, core conditioning, strength training and more.NEEDED: Mat, a set of 5-10 lb dumbbells (pick a weight a little more challenging,) resistance bands (instructor will have available to purchase), and water.

Power Sculpt Experience a challenging and dynamic body-sculpting workout using dumbbells and resistance bands. Power sculpting will help you increase strength, blast maximum calories, and transform your body in a minimum of time. You will tone your body and chisel away unwanted pounds to reveal a leaner, stronger you! Katie will use calorie burning combo moves that strengthens several muscles at once for a total-body sculpt as well as working the core muscles! NEEDED: Mat, a set of 5-10 lb dumbbells (pick a weight a little more challenging) resistance bands (instructor will have available to purchase), and water.

Gym membership not necessary!

To sign up: [personaltrainingkt@gmail.com](mailto:personaltrainingkt@gmail.com) call or text 507-990-3844

Punch Card \$88.50