

Personal Training with KT

Classes start January 3rd -31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						<i>T-N-T Katie- R</i>
9:00am						<i>Power Sculpt Caitlin- K</i>
6:00pm		<i>Muscle Tone Katie- K Ball Blast Katy- R</i>		<i>Butts, Guts, and More Caitlin- R</i>		
7:15pm				<i>Strength Circuits Katie- W</i>		<i>W=Wanamingo K=Kenyon R=Rochester</i>

\*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

**Gym membership not necessary!**

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

**Punch Card \$88.50**

**Butts, Guts, and More** The title says it all!!! Butts-N-Guts trains and tightens all regions of the lower body and core. This concentrated 45-minute toning class focuses on the abs, glutes, legs and lower back using light weights and body resistance. NEEDED: Mat, a set of weights, resistance bands and water.

**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! 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.