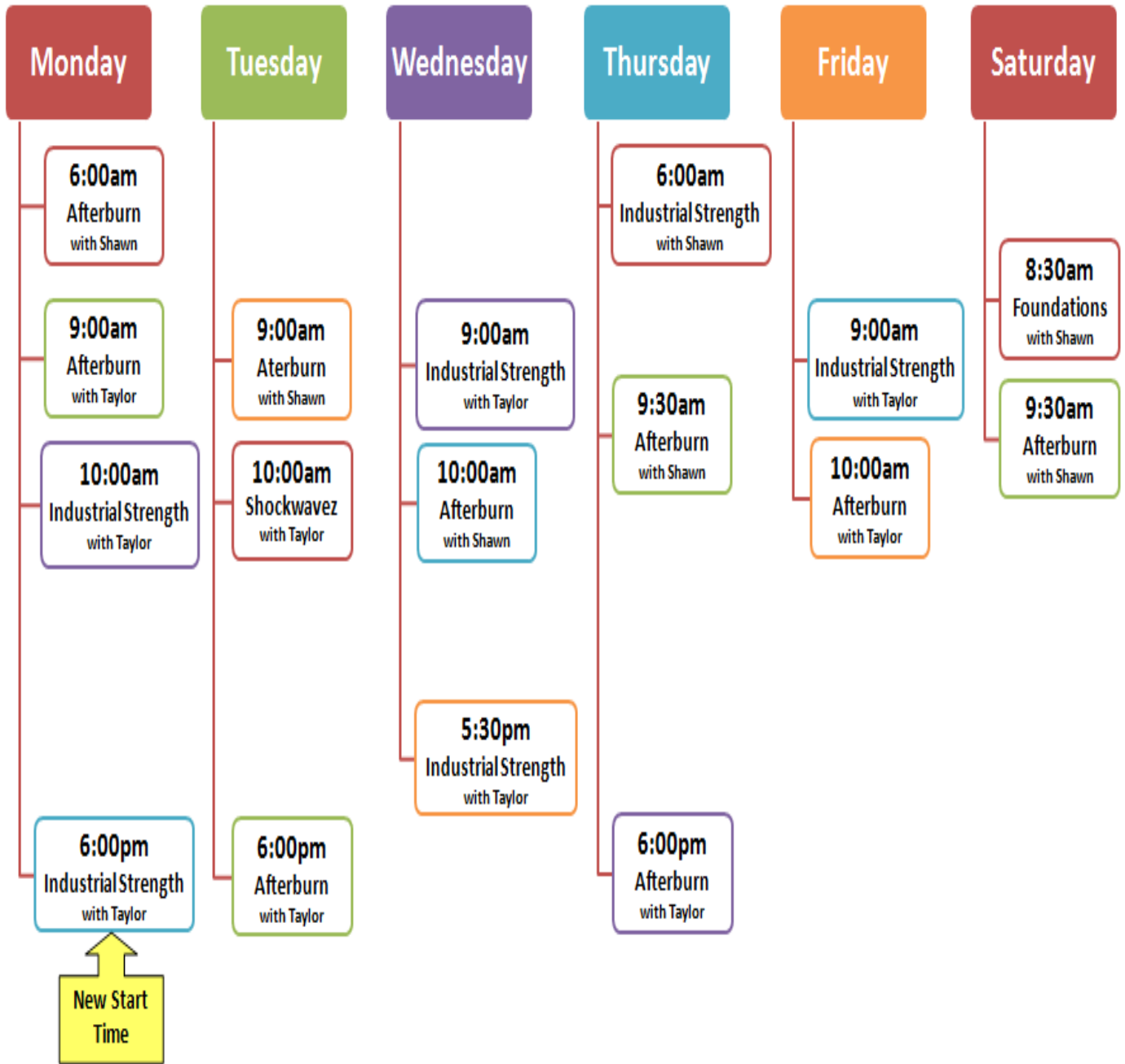


# Team Training Schedule



DAC Fitness Collierville

440 West Powell Rd 901-861-2110 daclife.com

Class Descriptions on Reverse Side

# Team Training Class Descriptions

## Afterburn

This cutting-edge class combines functional exercises, kettlebells, resistance & TRX suspension training, calisthenics and plyometrics with bouts of cardio intervals of jogging, sprinting, hills and stairs to train you like a top athlete, but at a pace you can handle. Test your physical skill while working together with team members to push yourself further than you've ever been.

## Foundations

Whether you've never lifted a weight in your life, or if you're returning to a workout routine, these sessions concentrate on stepping you into the concept of functional training and include weight training workouts for beginner levels of fitness.

## Industrial Strength

If your focus is to build strength, look to this offering within our Team Training program umbrella. These interval-timed sessions increase strength and intensity compared to our metabolic-focused Afterburn sessions. Ready to experience whole new level of strength? Industrial Strength is the workout for you.

## Shockwavez

Due to its focus on combining high-intensity cardiovascular interval training with muscular strength and endurance training, Shockwavez burns maximum calories in a minimum amount of time while promoting a little friendly competition. Sessions consist of four stations, with the cardio station setting the pace for the others, initiating your team to keep you motivated and pushing yourself harder than you would working out on your own. In this 45-minute class your workout may include kettlebells, ropes, and medicine balls, and do push-ups, planks, and squats.

*For additional program schedules,  
visit [daclife.com/members](http://daclife.com/members) or  
download our DAC Fitness App,  
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