



**ADULT PERSONALIZED GROUP TRAINING**  
 Long Island's Premier Functional Training Facility

**HAUPPAUGE SCHEDULE**  
**Winter 2016-2017**

(November 28<sup>th</sup> 2016-April 3<sup>rd</sup> 2017)

\* Class Times are subject to change\*  
 \*Class Trainers are subject to change\*

- Benefits of CATZ Personal Training Include:**
- Customized workouts for ALL fitness levels
  - Burn calories to increase energy levels and lose bodyfat
  - Functional exercises to enhance mobility and balance
  - Increase strength and overall muscle tone
  - Improve cardiovascular conditioning
  - Fun, motivating and engaging workouts

MONDAY AM W/Eric	TUESDAY AM W/Mike	WEDNESDAY AM W/Tim	THURSDAY AM W/Tim	FRIDAY AM W/Eric	SUNDAY AM W/Eric
6:00am (60-Min/Total Body)	8:00am (60-Min/Total Body)	6:00am (60-Min/Total Body)	6:00am (30-Min H.I.T)	6:00am (60-Min/Total Body)	8:00am (30 MIN- JUST STRENGTH)
8:00am (60-Min/Total Body)	9:00am (60-min/Total-Body)	8:00am (60-Min/Total Body)	6:30am (30-Min (Core, Cardio, Stretch))	8:00am (60-Min/Total Body)	8:30am (30-Min TABATA Class)
9:00am (60-Min/Total Body)	<b>TUESDAY PM W/Eric</b>	9:00am (NEW 30-Min (Core, Cardio, Stretch))	7:00am (30-Min TABATA Class)	9:00am (60-Min/Total Body)	9:00am (30 -Min Dumbbells, Bands, Dollies & Plyo Boxes)
10:00am (60-Min/Total Body)	4:00pm (60-Min/Total Body)	9:30 am (60-Min/Total body)	8:00am (60-Min/Total Body)	10:00am (60-Min/Total Body)	9:30am (30min/Strength and Cardio)
12:15pm (45-Min Power Lunch)	6:00pm (30 min/Barbell Fun)	10:30am (60-Min/Total Body)	9:00am (NEW 30-Min (Core, Cardio, Stretch))	12:15pm (45-Min Power Lunch)	
<b>MONDAY PM W/Eric</b>	6:30pm (30-Min TABATA Class)	12:15pm (45-Min Power Lunch)	9:30 am (NEW 30-min/ JUST STRENGTH)	<b>FRIDAY PM W/Tim</b>	
5:00pm (60-Min/Total Body)	7:00pm (30 MIN- JUST STRENGTH)	<b>WEDNESDAY PM W/Eric</b>	9:30 am (NEW 30-min/ JUST STRENGTH)	5:00pm (60-Min/Total Body)	
6:30pm (30 -Min Dumbbells, Bands, Dollies & Plyo Boxes)		4:30pm (30-Min (Core, Cardio, Stretch))	<b>THURSDAY PM W/Mike</b>		
7:00pm (60-Min/Total Body)		5:00 pm (60-Min/Total Body)	6:00pm (30-Min TABATA Class)		
		6:30pm (30min/Strength and Cardio)	6:30pm (30 min H.I.T. W/O)		
		7:00pm (60-Min/Total Body)	7:00pm (60-Min/Total Body)		

To Purchase any of our BeachBody  
 Weight loss and Performance  
 Supplements just go to our website  
[www.beachbodycoach.com/catzwellness1](http://www.beachbodycoach.com/catzwellness1)

**CATZ HAS NO**  
**Contracts or Hidden Fees**  
*\*\*Plus if you refer a NEW client you receive \$25 off  
 your next package\*\**