



Movement Duets Group Training Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

6:00 a.m.	Cardio Class		Cardio Class		
9:00 a.m.	Strength Small Group Training	Kinstretch Small Group Training	Strength Small Group Training		Strength Small Group Training
10:00 a.m.	Kinstretch Small Group Training	Strength Small Group Training	Active Recovery Class	Strength Small Group Training	Kettlebell Class
12:00 p.m.	The Works		The Works		The Works
5:00 p.m.			Nutrition Group Coaching (1/2 hour)		
5:30 p.m.	Strength Small Group Training		Strength Small Group Training		
6:30 p.m.	Kettlebell Class		Kinstretch Small Group Training		

Training Service Descriptions:

Cardio Class: A fun way to get your sweat on utilizing boxing drills, circuit training and other strength based movements designed to get your heart rate up and get you feeling good! Can be modified according to participant's ability and skill level.

Small Group Strength Training: Strength training specifically designed for the needs of your pregnant and/or postpartum body, with an emphasis on core strength and pelvic floor restoration. Modifications made based on your stage of pregnancy or postpartum.

Kinstretch Small Group Training: Floor based exercises using Functional Range Conditioning methods in order to restore mobility, increase flexibility and have strength and control with range of motion in all planes that our bodies were meant to move.

The Works: A little bit of everything! The Works consists of blocks of strength training, cardio, mobility and active recovery. This is your all in one class.

Kettlebell Class: One hour entirely dedicated to kettlebell training. One implement can do so much!

Active Recovery: An hour of recovery exercises including foam rolling, light mobility work and core and breath work. These classes are designed to help you move and feel better.

Nutrition Group Coaching: A half hour for our Precision Nutrition coaching clients to get together to discuss successes, struggles and other nutrition related topics. If you're not currently a Precision Nutrition client of ours but are interested in getting started, please contact us at info@movementduets.com.