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# Movement Duets Group Training Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

9:00 a.m.	Strength Small Group Training	Kinstretch Small Group Training	Strength Small Group Training	Barbell Group Training Clinic	Strength Small Group Training
10:00 a.m.	Kinstretch Small Group Training	Strength Small Group Training	Active Recovery Class	Strength Small Group Training	
5:00 p.m.					
5:30 p.m.	Strength Small Group Training	Worthy Movement with Sheila (70 min)	Strength Small Group Training		
6:30 p.m.			Kinstretch Small Group Training		

### Training Service Descriptions:

- Small Group Strength Training:** Smart and intentional strength training designed to be fun and to make you strong! We also have special training and education in training those who are pregnant and 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.
- 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.
- Barbell Group Training Clinic:** Weekly clinics dedicated to teaching proper form and skills required for barbell lifts (i.e. deadlift, bench press, squats) followed by a short weights circuit.
- Worthy Movement with Sheila:** A yoga centered exploration class led by Sheila Goldsworthy. Come discover what your body can do with the expert guidance of Sheila!