


Train Yard Gym & Fitness Class Schedule

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 GYM & FITNESS 1079 2 nd St Enola PA 717-319-4881	Sign up using the Mindbody App or go to trainyardgym.com and click "Book a Class" Non-gym members welcome! Classes are FREE with Healthways, Silver Sneakers, and Silver & Fit			1 ■ 6pm Build and Burn	2 ■ 6am Boot Camp ■ 9am The Daily Grind	3
4	5 ■ 9am The Daily Grind ■ 5:15pm Basic Training ■ 6pm Boot Camp	6 ■ 5:30pm Barre Blend ■ 6:30pm Cardio Kickboxing	7 ■ 5:30pm Pound	8 ■ 6pm Build and Burn	9 ■ 6am Boot Camp ■ 9am The Daily Grind ■ 6pm Zumba	10 ■ 9am Vinyasa Yoga
11	12 ■ 9am The Daily Grind ■ 5:15pm Basic Training ■ 6pm Boot Camp	13 ■ 5:30pm TRX ■ 6:30pm Cardio Kickboxing	14 ■ 5:30pm Barre Blend	15 ■ 6pm Build and Burn	16 ■ 6am Boot Camp ■ 9am The Daily Grind	17
18 ■ 11am Pound/Barre Blast (90 min) FUNDRAISER Donation for admission	19 ■ 9am The Daily Grind ■ 5:15pm Basic Training ■ 6pm Boot Camp	20 ■ 5:30pm TRX ■ 6:30pm Cardio Kickboxing	21 ■ 6pm Vinyasa Yoga	22 ■ 6pm Build and Burn	23 ■ 6am Boot Camp ■ 9am The Daily Grind	24
25	26 ■ 9am The Daily Grind ■ 5:15pm Basic Training ■ 6pm Boot Camp	27 ■ 5:30pm TRX ■ 6:30pm Cardio Kickboxing	28 ■ 5:30pm Barre Blend	29 ■ 6pm Build and Burn	30 ■ 6am Boot Camp ■ 9am The Daily Grind	31



GYM & FITNESS

1079 2nd St Enola PA 17025

717-728-1902

www.trainyardgym.com

1st Class FREE!

Bring this coupon to Train Yard Gym & Fitness to try your first class FREE! Not valid if you have attended classes at Train Yard Gym & Fitness before.

Class Descriptions

Boot Camp

Cardio/strength using body weight, battle ropes, dumbbells, the big tire, and more!

Basic Training

Easier version of boot camp for beginners or those looking for a little less intensity!

The Daily Grind

Strength training and total-body moves that will get you strong and fit!

TRX

A full-body workout using TRX straps

Barre Blend

A low impact blend of Pilates, Yoga, and ballet

Pilates

Pilates mat techniques to strengthen your abdominal, back, and leg muscles and improve your flexibility.

Pound

Cardio/strength with rockin' music and weighted drumsticks!

Build and Burn

Circuit training that will build strength and burn calories!

Yoga

De-stress with Vinyasa (flow) yoga. Suitable for beginners!

Zumba

Get fit through dance!

Pound/Barre Blast

60 minutes of Pound followed by 30 minutes of Barre