

Competitive Edge TURF SERVICES

Schedule Updated

May 14th, 2024

NO TURF CLASSES:

4th of July Week 6/30-7/6

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--|--|--|--|---|--------------------------------------|--------------------------------------|
| 5:00 am | 5:00-5:30 Open Turf | 5:15-7:00 MetCon | 5:00-5:30 Open Turf | 5:15-7:00 MetCon | 5:00-5:30 Open Turf | | |
| 6:00 am | 5:30-6:30 Total Conditioning | | 5:30-6:30 Total Conditioning | | 5:30-6:30 Total Conditioning | | |
| | 6:30-7:30 Women’s Strength Training | | 6:30-7:30 Women’s Strength Training | | 6:30 – 7:15 MetCon Day 3 Workout | | |
| 7:00 am | 7:30 - 9:00 Open Turf | 7:00 - 9:00 Open Turf | 7:30 - 9:00 Open Turf | 7:00 - 9:00 Open Turf | 7:30-9:00 Strength Programs Day 3 Workout: S4L BBS ST WST | 7:15-8:00 MetCon Day 3 Workout | 7:00-2:00 Open Turf |
| 8:00 am | | | | | 8:00-10:00 Strength Programs Day 3 Workout: S4L BBS ST WST | | |
| 9:00 am | | | | | 9:00-10:00 Total Conditioning | 9:00 – 10:00 Barbell Strength | |
| 10:00 am | 10:00-11:00 Open Turf | 10:00-12:00 Open Turf | 10:00-11:00 Open Turf | 10:00-12:00 Open Turf | 10:00-11:00 Open Turf | 7:00-2:00 Open Turf | |
| 11:00 am | 11:00-12:00 MetCon | | 11:00-12:00 MetCon | | 11:00-12:00 MetCon Day 3 Workout | | |
| Noon | 12:00-1:00 Strength 4 Life | 12:00 – 1:00 pm Total Conditioning | 12:00-1:00 Strength 4 Life | 12:00 – 1:00 pm Total Conditioning | 12:00-2:00 Strength 4 Life Day 3 Workout | | |
| 1:00 pm | 1:00-2:00 Strength 4 Life | 1:00-6:30 Open Turf | 1:00-2:00 Strength 4 Life | 1:00 – 6:30 Open Turf | 2:00-6:30 Open Turf | | 2:00 – 5:00pm Family Turf Time |
| 2:00 pm | 1:00-5:30 Open Turf | | | | | | |
| 3:00 pm | | | | | | | |
| 4:00 pm | | | | | | | |
| 5:00 pm | | | | | | | |
| 6:00 pm | 6:30-Close Open Turf | 6:30 – 8:00 Family Turf Time | 6:30-Close Open Turf | 6:30 – 8:00 Family Turf Time | 6:30 – 8:00 Family Turf Time | 5:00 – Close Open Turf | |
| 7:00 pm | | | | | | | |
| 8:00 pm | | 8:00-Close Open Turf | | 8:00-Close Open Turf | | | 8:00-Close Open Turf |
| 9:00 – 10:00 pm | | | | | | | |

CLASS DESCRIPTIONS:

Level 1 Programs:

-Strength for Life: The program will focus on coaching participants to move properly, add resistance, and in turn gain overall strength, power, and coordination as a foundation for an active life.

-Total Conditioning: The Total Conditioning Program is a Medium to High intensity class incorporating different variations of interval training aimed at producing muscular and cardiovascular endurance conditioning.

Level 2 Programs: *(Coach Approval after free class trial, or Competent Completion of Level 1 Program Required to Participate)*

-Barbell Strength: This program is designed to build strength, muscle, and power through structured training around the squat, bench press, and deadlift. Combining principles of powerlifting and hypertrophy, participants will develop a solid foundation of strength while increasing muscle size and improving overall performance.

-Women's Strength Training: This beginner to Intermediate level program is specifically designed to create a female-inclusive space where women will learn and work to increase strength, endurance, lean muscle mass, and neuromuscular performance.

Level 3 Programs: *(Coach Approval after free class trial, or Competent Completion of Level 2 Program Required to Participate)*

-Super Total: This unique program combines elements of strength training, and Olympic weightlifting, offering an all-encompassing training experience for individuals seeking to maximize their physical potential and Olympic Weightlifting technique.

-MetCon: Metabolic Resistance Training Program that challenges participants to increase their metabolic rate using barbell, dumbbell, kettlebell and other strength-based exercises with proper form through a medium to high intensity pace.

Family Turf Time: Family Turf Time is a time where parents can use the area with their children ages 7 + yrs of age. Children ages 7-10 are not allowed to use weight or cardio equipment in the turf area. Please ask fitness staff what equipment children ages 7-10 can use.

Interested in classes?

Inquire at the front desk, online, or contact Phil Moore at 758-7493, pmoore@logan.org