

**SGT Contact:**

Questions? Email us at:  
info@loggerheadfitness.com  
Tel/Txt: (561) 625-3011

# Small Group Training

## LOGGERHEAD FITNESS

### SGT SCHEDULE

11/21/2022 (9)

**Club Hours:**

Mon-Thu – 5:00am to 9:00pm  
Fri– 5:00am to 8:00pm  
Sat & Sun – 7:00am to 6:00pm  
www.loggerheadfitness.com

	MON (1)	TUE (2)	WED (1)	THU (2)	FRI (1)	SAT (1)
Morning						<b><u>SGT LEVEL 3.</u></b> <i>Julie Johnson</i> 10:00 a.m.
Afternoon	<b><u>SGT LEVEL 1.</u></b> <i>Mike Dukes</i> 12:30 p.m.	<b><u>SGT LEVEL 1.</u></b> <i>Mike Dukes</i> 1:30 p.m.	<b><u>SGT LEVEL 1.</u></b> <i>Mike Dukes</i> 12:30 p.m.	<b><u>SGT LEVEL 1.</u></b> <i>Mike Dukes</i> 1:30 p.m.	<b><u>SGT LEVEL 3.</u></b> <i>Julie Johnson</i> 12:30 p.m.	
Evening	<b><u>SGT LEVEL 2.</u></b> <i>Nicole Sweigart</i> 6:15 p.m.	<b><u>SGT LEVEL 2.</u></b> <i>Julie Johnson</i> 5:45 p.m.		<b><u>SGT LEVEL 2.</u></b> <i>Julie Johnson</i> 5:45 p.m.		SORE TODAY STRONG TOMORROW



901 Donald Ross Road, Juno Beach, FL 33408 (561) 625-3011 ~ www.loggerheadfitness.com





# SGT Level Descriptions



## **LEVEL 1.**

**Target Areas:** Core and Stability Muscles

Lower intensity training is designed for novice individuals to help preserve the body by strengthening all muscle groups through functional training, balance, engaging stability muscles, and all-over fitness. Training will help prevent injury and assist in performing daily tasks.

**Caloric Burn:**  
200 to 400 calories

## **LEVEL 2.**

**Target Areas:** Full-Body Strength, Agility and Stability

Medium intensity training designed for intermediate athletes. Training on this level will help prepare you for low impact sports by strengthening muscles through core, balance and strength training.

**Caloric Burn:**  
300 to 500 calories

## **LEVEL 3.**

**Target Areas:** Full Body Strength & Conditioning

High intensity functional fitness workouts designed for advanced athletes and fitness enthusiasts. These workouts are designed to make you fitter, faster and stronger through full-body strength training.

**Caloric Burn:**  
300 to 500 calories