

SGT Contact:

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

Small Group Training

LOGGERHEAD FITNESS

SGT SCHEDULE

01/29/2023 (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 (2)	TUE (2)	WED (2)	THU (1)	FRI (1)	SAT (1)
Morning						<u>SGT LEVEL 3</u> <i>Nicole Sweigart</i> 10:30 a.m.
Afternoon	<u>SGT LEVEL 1</u> <i>Maria Hitchcock</i> 12:30 p.m.	<u>SGT LEVEL 1</u> <i>Mike Hanlon</i> 1:30 p.m.	<u>SGT LEVEL 1</u> <i>Maria Hitchcock</i> 12:30 p.m.	<u>SGT LEVEL 1</u> <i>Mike Hanlon</i> 1:30 p.m.	<u>SGT LEVEL 3</u> <i>Nicole Sweigart</i> 12:30 p.m.	
Evening	<u>SGT LEVEL 2</u> <i>Nicole Sweigart</i> 6:15 p.m.	<u>SGT LEVEL 2</u> <i>Maria Hitchcock</i> 6:15 p.m.	<u>SGT LEVEL 2</u> <i>Nicole Sweigart</i> 6:15 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 at 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