



# Small Group Training SCHEDULE

Last Updated: 09/01/2025 (6)



	MON (1)	TUE (2)	WED (1)	THU (1)	FRI (1)	SAT (1)
Morning						<b><u>LEVEL 3</u></b> <b>10:30 AM</b> TBA
Afternoon	<b><u>LEVEL 1</u></b> <b>1:30 PM</b> Mike Hanlon		<b><u>LEVEL 1</u></b> <b>1:30 PM</b> Mike Hanlon		<b><u>LEVEL 3</u></b> <b>12:30 PM</b> John Estime	SORE TODAY #—# STRONG TOMORROW
Evening	<b><u>LEVEL 2</u></b> <b>6:15 PM</b> Mike Hanlon		<b><u>LEVEL 2</u></b> <b>6:15 PM</b> John Estime			

# SGT Level Descriptions

## **LEVEL 1**

Lower intensity training designed for beginners to develop overall strength, balance, and stability. This level focuses on engaging all major muscle groups through functional exercises, improving coordination and enhancing mobility. By building a strong foundation, this training helps prevent injuries, supports daily activities, and promotes long-term fitness.

***Primary Target Areas:***

Core and Stability Muscles

***Circuit Intervals:***

45 sec / 15 sec rest

***Caloric Burn:***

200 to 400 calories

## **LEVEL 2**

Medium intensity training designed for intermediate athletes looking to enhance strength, agility, and endurance. This level emphasizes core stability, muscle control, and balanced movement patterns to improve overall performance. It is ideal for those preparing for low-impact sports or seeking to advance their fitness with structured, full-body workouts.

***Primary Target Areas:***

Full-Body Strength, Agility, Stability

***Circuit Intervals:***

45 sec / 15 sec rest

***Caloric Burn:***

300 to 500 calories

## **LEVEL 3**

High-intensity functional training pushes limits with full-body strength and conditioning workouts designed to enhance power, speed, and endurance. By utilizing a combination of cardio, free weights, calisthenics, resistance, stability, and compound training, these workouts help you build a stronger, more resilient body while improving overall athletic performance.

***Primary Target Areas:***

Full Body Strength & Conditioning

***Circuit Intervals:***

60 sec / 15 sec rest

***Caloric Burn:***

300 to 500 calories

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### **Questions?**

Call/text: (561) 625-3011  
info@loggerheadfitness.com



### **Club Hours:**

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