



**fitness**  
coaching

# HAMDEN

2100 Dixwell Ave. Suite 192  
(203) 936-7055

real people  
real coaching  
real results

## GROUP COACHING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>5:45 AM BURST</b>		<b>5:45 AM FUSION</b>		<b>8:15 AM FUSION</b>
<b>9:15 AM BURST</b>	<b>9:15 AM FOUNDATIONS</b>	<b>9:15 AM BURST</b>	<b>9:15 AM FOUNDATIONS</b>	<b>9:15 AM FUSION</b>	<b>9:15 AM BURST</b>
	<b>5:15 PM BURST</b>		<b>5:15 PM FOUNDATIONS</b>		<b>10:15 AM FOUNDATIONS</b>
<b>6:15 PM BURST</b>	<b>6:15 PM FOUNDATIONS</b>	<b>6:15 PM FUSION</b>	<b>6:15 PM BURST</b>		



**FOUNDATIONS:** New to exercise or returning after some time off? This is where you want to start! The full-body routine progresses through the foundational movements you will need to improve upon before you take a BURST group coaching. You will use your own body weight plus a variety of other modalities as you are coached on proper technique.



**BURST:** This is where you'll get your "cardio" with us, it's just more effective (and fun) than any treadmill or elliptical ever could be. Using the most effective training tools around, you will boost your metabolism to torch extra fat for up to 36 hrs! The circuits are done at a pace that will push your limits, burn calories and improve your cardiovascular health.



**FUSION:** Our hardest option, here is where you will fuse strength training and intense cardiovascular work into one butt-kicking session. You'll have our full arsenal of training tools and exercises thrown at you during the Density Strength Training (D.S.T.) circuits to build muscle, torch fat, and keep your body primed for success days afterward. Looking for the lean toned look? When you are ready, this is the class for you!



During your workouts we use the latest and greatest technology to monitor EXACTLY how hard you are working in real-time. We can adjust your workout on-the-fly to MAXIMIZE your results, quicker than ever before. You'll get summaries of your workouts sent directly to your phone, and you can track ANY activity you do outside of R3 Fitness too! Purchase your MyZone online at [r3fitness.com](http://r3fitness.com)