

Parisi Speed School & South River Fitness

Youth & Adult Total Conditioning Schedule – May, 2008

South River Colony · Rt. 2 & 214 · Edgewater, MD 21037
 (410) 956-2665 or (301) 261-4222

MON	TUE	WED	THU	FRI	SAT	SUN
			6:00 am Adult Training Express			
				9:00 am Adult Free Motion Express		
	10:30 am Adult Training Express					
					12:30 Total Conditioning – John K, Calvin, Ben	
					1:30 Total Conditioning – John K. Calvin, Ben	
3:00 pm Total Conditioning - Alli		3:00 pm Total Conditioning - Alli				
4:00 pm Total Conditioning - Alli	4:00 pm Total Conditioning – John K		4:00 pm Total Conditioning - Steve			
	5:15 pm Adult Free Motion Express - Calvin		5:15 pm Adult Free Motion Express - Calvin			
				6:00 pm Total Conditioning - Steve		
		7:00 pm Total Conditioning – John K.		7:00 pm Total Conditioning		

Total Conditioning

Total Conditioning is the newest offering in the evolution of the Parisi Program. This will be a radical approach to training for youth athletes and we envision this program as one that could revolutionize the Youth Performance Industry. The classes are an hour long and consist of bands, medicine balls, ladders, plyo boxes, and viper chords. Please sign up at the front desk.

Adult Training Express (30 minutes)

Fast paced weight training using assorted equipment balls, free weights, tubing, body bars, etc. This is included in the All-Inclusive membership.

Free Motion Express (30 minutes)

Small group intense circuit training in the Freemotion area. You will be motivated by a Personal Trainer! This is included in the All-Inclusive membership. Please sign up at the front desk.