Fall 2017
Small Group Training

ODU SGT offers a unique opportunity to explore a new dimension of fitness by merging Group Fitness with personal training. Small Group Training offers classes that focus on a specialized format, individualized progression, and skill development.

Registration
Visit the Pro Shop located inside the Student Recreation Center to register and purchase your 6 week session pass and sign up for a specific Small Group Training format. First time participants may shadow the class with no prior registration. Space is limited to those participants who have registered and paid for session. Classes fill on a first-come, first-served basis until capacity is reached.

Session 1: Sept 11– Oct 20
Cost for Small Group Training Session: Student- $25; Member: $30

Formats offered for Session 1 (descriptions on back)

TRX Revolutions
Coach: Tamara
Days: Tuesday/Thursday
Time: 8:00a-9:00a
Location: SRC Cycle Studio

DanceFit
Coach: Meghan
Days: Tuesday/Thursday
Time: 10:00a-11:00a
Location: Studio A

Women’s Strength Endurance Circuit
Coach: Dionne
Days: Tuesday/Thursday
Time: 1p-2p
Location: SRC Monarch Training Zone

Align and Flow Yoga
Coach: Krysia
Days: Monday/Wednesday
Time: 1:30p-2:30p
Location: Studio C
TRX Revolutions: Cardio and strength training in one class! Cycle through a high-cardiovascular workout and then get off the bike to work with TRX Suspension bands to tone and strengthen your body!

Dance Fit: This program will focus on dancer conditioning and technique, delving into a deeper practice of dance ranging from a multitude of styles (ballet, lyrical, jazz, hip hop, etc.). Class will begin with a muscular endurance conditioning on a dancer’s barre followed with practicing dance techniques such as jumps, turns, and basic combinations/routines. It will finish with an intensive flexibility program designed for a dancer.

Women’s Strength-Endurance Circuit: This class is designed to introduce individuals (women) to strength-endurance training using weights. Participants will practice fundamental exercise movements (squat, lunge, shoulder press) and will progress into high-intensity circuit-training while they use different types of fitness equipment. Equipment may include dumbbells, kettlebells, slam balls, barbells, and BOSU balls.

Align and Flow Yoga: Vinyasa style yoga class with an emphasis on alignment. Students will be instructed in proper anatomical alignment and correct muscle activation of yoga poses, breathing techniques, and how to easily move between poses by linking movement with breath.

NEED MORE INFORMATION?
Contact Tamara Morgan, Assistant Director of Fitness, tmorgan@odu.edu or Meghan Flanagan, Graduate Assistant of Group Exercise and Instructional programming, m1flanag@odu.edu.