

HAVE YOU BEEN LOOKING FOR A FUN WAY TO CHALLENGE YOUR BODY AND INCREASE YOUR STRENGTH AND AEROBIC FITNESS? IF SO, THIS CLASS MAY BE JUST WHAT YOU'RE LOOKING FOR!



COME CHECK IT OUT!

WHAT IS IT?

Circuit training involves a series of exercises that are performed in rotation with minimal rest. *This type of training is a creative way to avoid boredom while saving you time boosting cardiovascular and muscular fitness.

****IF YOU ARE CURRENTLY EXPERIENCING MODERATE-SEVERE BACK PAIN, DISK BULGES OR HERNIATIONS YOU ARE ADVISED TO CONSULT WITH YOUR MEDICAL PROFESSIONAL BEFORE PARTICIPATING IN ANY PHYSICAL ACTIVITY PLAN.**

CIRCUIT TRAINING CLASS AT THE ACC!

INSTRUCTOR:

LAUREN POOLE, ISSA CERTIFIED
PERSONAL TRAINER

WHEN: Tuesday and Thursday's
April 26th – June 2nd

BEGINNER CLASS: 5:00-5:30

INTER/ADVANCED: 5:30-6:00

Beginners: *those with no to limited fitness experience in past 6 months.

INTERMEDIATE/advanced: *THOSE with extensive training experience of more than 6 months.

WHERE: THE ACC'S MPR



FOR WHO?

Circuit training is an intense form of Exercise. However; **it is completely adaptable to the individual.**

Every move can be modified to fit your level of fitness while still giving you an exceptional workout!

A FEW BENEFITS:

- BURN FAT
- TONE
- INCREASE-BALANCE
- RAISE METABOLISM
- CAN BE CUSTOMIZED TO YOUR LEVEL OF FITNESS
- TOTAL BODY EXERCISE
- WORKS AEROBIC SYSTEM WHILE SIMULTANEOUSLY BUILDING STRENGTH

*Pre signup required

For Sign-up and/or class information please

Contact: Lauren Poole, ACC Wellness Coordinator AT:
716-945-8119 extension 3702 Or lauren.poole@sni.org

In addition, if you participate in general fitness circuit training, you should also perform an additional 20 minutes of aerobics-only exercise about three days a week.