

SMALL GROUP TRAINING

APRIL - JUNE 2023 OFFERINGS

Mindful Mobility

with Matt Merryman

Location: Functional Training Space

30 MIN

WED 5:15 PM

SUN 9:15 AM

A class designed to assist you in recovering from the workouts you are currently doing! By working on increasing both your flexibility and mobility you will leave class not only feeling great but be overall safer for your future workouts too. There will also be a focus on breathing throughout the class to bring awareness to the body and help with the relaxation to your mind and muscles.

F.I.T.(Functional Intense Training)

with Jason Greene(AM) & Kira Canter(PM)

Location: Functional Training Space

60 MIN

MON - FRI 9:15 AM

MON/WED 5:45 PM

F.I.T is a functionally wholistic program that can be augmented to meet the needs of beginner and advanced exercisers. F.I.T. is designed to help you move better, increase strength, improve energy and get you into the best shape of your life! This unique blend of corrective exercise, strength training, and high-intensity cardiovascular exercise will have you feeling FIT!

Circ-HIIT

with Tim Cain

Location: Functional Training Space

30 MIN

TUE / THU 9:00 AM

This 30-minute high-intensity, circuit-based class is perfect for the member on the go! Circ-HIIT 30 uses a mix of body weight, free weights, medicine balls, and cardiovascular equipment to maximize your fitness potential. This class is scalable to meet the needs of novice and experienced exercisers alike.

Boxing & Barbells

with Shauna Rivera

Location: Sports Factory

45 MIN

THU 6:00 PM

Take your fitness to the next level by improving stamina, coordination, and flexibility with this high-energy interval training! Boxing and Barbells uses cardio and strength conditioning in a 45-minute power-packed class! A variety of kickboxing techniques including upper and lower body strikes utilizing our club boxing bags, mixed with strength training exercises. *Must provide your own gloves.

Bridal Party Bootcamp

with Tim Cain

Location: Sports Factory

60 MIN

WED/FRI 7:30 AM

Wedding season is just around the corner, so there is no better time to join the Bridal Party Boot Camp. A 60-minute workout consisting of cardiovascular training, functional strength training, circuit-based training, and high-intensity interval training to maximize your fitness potential. All to get you and your wedding party ready for your big day.

Core Crushers

with Devon Grimes

Location: Functional Training Space

30 MIN

MON/FRI 10:00 AM

MON/FRI 5:00 PM

Devon's Core Crusher program is for people who are looking to take their core strength to the next level. This program will help hold you accountable to doing exercises that you know how to do, along with teaching you some new exercises to add to your core regimen. These will all be exercises that you'll be able to take away from the program and do at home. No excuses!

Mobility & Stability

with Mark Bradley

Location: Sports Factory

30 MIN

TUE/THU 10:45 AM

If you are looking to level up your movement this is the class for you! We will be unlocking some new skills and teaching movements to increase your personal mobility and stability. Join today and let the journey toward pain free movement begin!

**WANT THIS SCHEDULE ON YOUR PHONE?
OPEN YOUR SMARTPHONE CAMERA AND SCAN ME**



For more information, contact:

Sean Conway | Wellness Director

410-734-7300 ex. 108

sconway@thearenaclub.com

• Please see Front Desk for specific pricing

• Monthly registration

• Register at the Front Desk today!





Program Registration Form



NAME OF PROGRAM: _____

DAY(S) OF PROGRAM: _____ DATE(S) OF PROGRAM: _____

PARTICIPANT'S NAME: _____ MEMBER: Y N

AGE: _____ DOB: ____/____/____ GENDER: Male Female

PARENT NAME (if participant is under 18): _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME #: _____ CELL #: _____

EMAIL: _____

EMERGENCY CONTACT: _____ CELL # _____

HEALTH INFORMATION: Please list any special needs, medical or behavioral conditions, or medications that we need to be aware of to ensure your child's safety (allergies, asthma, etc.)

RELEASE: I have read and answered to the best of my knowledge, the above questionnaire. I agree that all exercise and activities (including, but not limited to exercise classes, cardio, strength equipment, pools, field activities) shall be undertaken by me at my sole risk. I release Harford Health & Fitness Club, Inc., its officers, directors, employees and shareholders, from any claim for any injury to me personally, damage to my personal property, or theft thereof, while I am at the Harford Health & Fitness Club, including claims arising from negligence of Harford Health & Fitness Club employees or agents. I understand that I must be a current member in good standing at the time of service to receive member discount. I understand that all images (photographic and video) taken can be used in future marketing. No refunds will be issued for any partial, unused or unattended programs, any questions must be directed to the program manager.

Because physical exercise can be strenuous and subject to risk of injury, including serious injury or death, the Club urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise or activity, or use any club amenity on the premises or off premises including any sponsored club event, **you do so entirely at your own risk.** Likewise, dietary modifications can cause a variety of changes and can create problems, including as it relates to your energy, stamina, appetite, and mood. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and **assume all risk** of injury, illness, or death. We are also not responsible for any loss, damage, or disappearance of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur, **regardless of negligence**, as a result of: (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction; (b) the sudden and unforeseen malfunctioning of any equipment; (c) our instruction, training, supervision, or dietary recommendations; (d) any on-line or virtual training; or (e) your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas. **This waiver also includes any negligence associated with the presence of or transmission of any bacteria, viruses, or infectious diseases.**

By signing below, you acknowledge that you have carefully read this "waiver and release" and fully understand that it is a Release of Liability. You expressly agree to release and discharge the club, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the Club for negligence, personal injury or property damage. You also agree that this waiver and release applies to any of your guests or family members.

You further agree that if a court of law finds any part of this agreement to be against public policy or in violation of any state statute or legal precedent, then **only** that portion of the document may be deleted and the remainder of this waiver and release will remain in full force.

Additionally, you understand that the Club occasionally photographs/videotapes client events/sessions and you consent your approval for the Club to use these images or video in any and all media for promotional purposes with no financial or other remuneration due to you.

Signature / Parent or Legal Guardian must sign if participant is under 18

Date