



COEUR
TRAINING
THE HEART OF FITNESS

2022	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 – 7:00 am	<i>COEUR-X</i>		<i>COEUR-X</i>		
7:30 – 8:30 am		<i>MEGFIT</i>		<i>MEGFIT</i>	
8:00 – 9:00 am			<i>CORE & CARDIO</i>		
8:30 – 9:30 am		<i>MEGFIT</i>		<i>MEGFIT</i>	
12:00 – 12:45 pm (LUNCH- PUNCH)		<i>COEUR-X</i>		<i>COEUR-X</i>	
4:30 – 5:30 pm	<i>LINDSFIT</i>		<i>LINDSFIT</i>		
5:00 – 6:00 pm		COEUR STRENGTH		COEUR STRENGTH	

CLASS DESCRIPTIONS

Linds-MegFIT: A *WOMEN'S CROSS-TRAINING* workout including cardio, weights, core, and plyometrics with new and fun workouts both inside and outside.

CORE & CARDIO: A class that focuses both on *CORE STRENGTH* and *CARDIO ENDURANCE*. This class is everything you need but won't do on your own.

COEUR-STRENGTH: A *FUNCTIONAL WEIGHT TRAINING CLASS* that focuses on all major movements of the body using various equipment and techniques.

COEUR-X: A *TOTAL BODY* circuit training class that will push you to your limits. Incorporating weight training, cardio endurance, and core stability.

COEUR TRAINING OPTIONS

PERSONAL TRAINING (1 on 1):

30 Minute Private Sessions:

1/week = \$40 each 2+ /week = \$35 each

60 Minute Private Sessions:

1/week = \$60 each 2+ /week = \$55 each

PRIVATE GROUP TRAINING (2-4 People):

30 Minute Group Sessions:

1/week = \$25 each 2+ /week = \$20 each

60 Minute Group Sessions:

1/week = \$40 each 2+ /week = \$35 each

SMALL GROUP TRAINING (8 People Max):

1/week = \$20 each 2+ /week = \$15 each

LUNCH-PUNCH CARDS (12 People Max / 45 Minute Classes / 12 Week Expiration):

Regular Punch Card = \$100 / 8 classes

Premier Punch Card = \$160 / 16 classes

**PLEASE NOTE: All training must be paid in full at the beginning of each month.*

** 24-Hour Cancellation Policy for all Private Individual or Small Group Training Sessions.*

** 12-Hour Cancellation Policy for all Small Group Scheduled Classes.*

** Failure to give sufficient notice results in a full charge for that session!*

POLICIES & PROCEDURES

All new COEUR Training clients will receive a complimentary 30-minute consultation:

- Review of exercise history, injury prevention and goal setting.
- Discuss nutrition, lifestyle recommendations, workout plan and test body composition.

COEUR Training clients will have access to cardio equipment either before or after their scheduled session:

- Please limit your time to 15-minutes on each machine.

Children ages 3 and up can access our Kids-Corner while their parents are training:

- Children must behave appropriately as they will not be directly monitored.

*** MUST SIGN-UP FOR EACH PROGRAM TO RESERVE YOUR SPOT ***

*** QUESTIONS CONTACT: Lindsay Herbert (208) 659-2022 / lindsaykay23@hotmail.com ***