



SMALL GROUP OUTDOOR FUNCTIONAL TRAINING AT THE TUCSON RACQUET CLUB!!!!

Functional Training is a classification of exercise which involves training the body for the activities performed in daily life. The benefits, which include better muscular balance and joint stability, arise from training that emphasizes the body's natural ability to move in three anatomical planes of motion.

Elements of a functional training program include; sport specificity, flexibility, core, balance, plyometrics, strength and power using equipment such as medicine balls, kettlebells, physioballs, resistance tubes, BOSU trainers and dumbbells.

The Trainers Edge Personal Training Program will be offering one hour high-intensity (but for all abilities) classes beginning in May with Trevor Hicks. The schedule will be as follows:

Monday and Friday at 7a.m.

Cost is \$12.00 per session.

Class size will be limited to 10 participants.

Classes will meet at the basketball court and conducted outside on the track, court and grassy area. A Sports Medical Questionnaire must be completed prior to participation. These are available at the front desk and should be brought to your first class.

Contact Trevor Hicks at ext. 359 for more information and/or just show up at the basketball court on Monday and Friday at 7 a.m.



“When we say kettlebells, we mean strength. When we say strength, we mean kettlebells”
Pavel Tsatsouline, Former Soviet Special Forces Trainer