



Effective 4/3/17

Active U is an educational and fitness training program exclusive to TLAC members.

Our program includes:

- **Over 50 training classes per week with beginner, intermediate and advanced classes to accommodate all fitness levels**
- **Quarterly social events and healthy cooking demonstrations**
- **Nutrition seminars from our experts at TLAC**
- **Active U t-shirt and other merchandise**

BEGINNER

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM – Kim F	9:30 AM - Eric	8:30 AM - Eric	9:30 AM – Elaine	8:30 AM – Kim F
		9:30 AM - Eric		
6:15 PM- Tierney		6:15 PM - Eric	6:15 PM – Tierney	

*These sessions are designed for those who have never or rarely worked out in the last 6 months. We focus on form, technique, and safety of the user in these sessions.

INTERMEDIATE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM - Danny	6:00 AM - Elaine	6:00 AM - Danny	6:00 AM - Danny	6:00 AM - Danny	9:15 AM - Rotates
7:00 AM – Elaine		7:00 AM – Kim R.		7:00 AM – Kim R.	
7:45 AM - Elaine		7:45 AM -Eric		7:45 AM- Elaine	
9:30 AM - Eric				9:30 AM - Eric	
12 PM – Elaine	12 PM - Eric	12 PM –Kim F	12 PM - Eric	12 PM - Eric	
4:15 PM - Eric	5:00 PM - Tierney	5:00 PM – Elaine	4:15 PM - Eric		
5:00 PM - Elaine	# 5:45 PM – Tierney / Elaine	# 5:45 PM- Elaine	5:00 PM - Eric	5:30 PM - Rotates	
# 5:45PM – Elaine / Kim	6:30 PM- Tierney		# 5:45 PM -Eric		
			6:30 PM - Eric		

#These classes are closed to new clients. **These sessions are the most popular training sessions offered at TLAC**

ADVANCED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM - Danny		5:05 AM - Kim R.		5:05 AM - Kim R.	10 AM - Rotates
11 AM – Kim F	11 AM –Kim F	11 AM - Elaine	11 AM - Eric	11 AM - Elaine	
7 PM - Eric		7 PM - Eric	7 PM - Elaine		

*** Passing a fitness assessment is required.

Active U is offered for an additional cost to your TLAC membership. Stop by the front desk or contact us at (812) 342-4495 for more information.