

GROUP TRAINING AND DESCRIPTIONS

RANGER TRAINING BASIC (RTB): This military styled cross-training system was created and developed by former U.S. Army Sergeant Nate Griffin and is divided into 3 phases: PHASE 1- The Awakening: The introduction of basic callisthenic exercises in military fashion. PHASES 2- The Acclamation: After acclimating to basic callisthenic training; plyo-metrics, flexibility, stability, and intense cardio conditioning becomes the focus. PHASE 3- The Challenge: All the components of the program (callisthenic, plyometrics, circuit training, mega-set and mega-rep training), makes this the ultimate in cross training systems short of actual military training.

RANGER TRAINING EXPRESS (RTX): If you're running short on time, this 30 minute version of the full hour program, will get you get a chest tightening, lung collapsing, abdominal locking, thigh burning workout in only 30 minutes... guaranteed.

BASIC SELF DEFENSE (BSD): No belts, no board breaking, no competitions, just basic self defense techniques to handle yourself in a given situation.

Tai Chi/Stretching (TCS): Also known as "moving meditation", Tai Chi is used to help relieve stress, improve flexibility, and overall health and wellness. Along with a series of Tai Chi movements and breathing exercises, you will also spend a significant amount of time going through stretches geared toward easing and lengthening tight muscles earned through constant training.

Group Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	RTB	RTB	RTB	RTB	RTB	
10:00		TCS	TCS	TCS		RTB
11:00		BSD	BSD	BSD		RTB
11:30	RTX	RTX	RTX	RTX	RTX	
12:00	RTX	RTX	RTX	RTX	RTX	
12:30	RTX	RTX	RTX	RTX	RTX	
6:00	RTB	RTB	RTB	RTB	RTB	

***Classes offered at 6:00 am and 7 am are 45 minutes long. All other classes are 1 hour.**

****The Ranger Training Express Class is 30 minutes each.**