

**Reserve your spots now on the new Fall Schedule! contact us at 336-655-4558 for more info!
(This Schedule subject to adjustments, usually we just add more!)**

The Fall Fitness Schedule is packing a wild 65 classes per week, with some adjustments and add ons-But all of your favorites are there, in the same time slots and more variety!

We also welcome Olinda to the staff full time, have added trainers and instructors and continue to build the finest class schedule in the area! Please review the schedule and reserve spots now! The new schedule starts Tuesday September 6th. Look forward to a great fall, and getting back into a great Fitness or Martial Arts routine at Fitness One!

Kids speed and agility, Martial Arts and Teen weight training are more of the programs offered.

Monday

6:00 am Kickbox Fitness Cardio/TRX combo
9:00 am Krav Maga (MA)
9:15 am TRX/VIPR/Cardio Bootcamp Fitness w Olinda
10:00am Power Stretch/Yoga-Pilates combo
3:15 pm Kid's Karate and Martial Arts
4:00 pm Kickbox/TRX/Vipr Bootcamp
4:10 pm Baseball Speed and Agility
4:30 pm TEEN weight Training ages 12-16
4:15 pm Kid's Karate and Martial Arts
5:15 pm Kid's Karate and Martial Arts
6:00 pm Kickbox/Bootcamp Fitness (Advanced)
6:15 pm Kid's Karate and Martial Arts
7:00 pm MMA/Sport Kickboxing
7:00 pm Kickbox Fitness/Bootcamp(Beginner-Intermediate)

Personal Training is available 5:30am until 8:30pm.
Specialized small group classes and training are available on request

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TUESDAY

5:30 am Morning Bootcamp
6:30 am Men's Weight Training (Call to enroll)
9:00 am TRX/Kickboxing
9:45 am Strength Training/Kettlebells
10:30am Strong and Sassy Seniors
4:00 pm Step/Kettlebell BOOTCAMP
4:30 pm Youth Speed and Agility ages 8-14
5:15 pm TRX/VIPR-Circuit
5:15 pm 4:15 pm Kid's Karate and Martial Arts
5:45 pm Men's Boxing Fitness Workout (Call to enroll)
6:00 pm Little Ninjas (4-6 Years old Karate)
6:15 pm Kettlebell-Strength Circuit Bootcamp (All levels)
6:30 pm Submission Wrestling
7:00 pm Krav Maga (75 minute class) (Call to enroll)
7:00 pm Kettlebell-Strength/Cardio Circuit Bootcamp (Beginner-Intermediate)
7:45 pm Zumba

Personal Training is available 5:30am until 8:30pm.
Specialized small group classes and training are available on request

Wednesday

6:00 am Kickbox Fitness Cardio/Strength Combo
9:00 am Krav Maga
9:15 am Kickbox Fitness
10:00am Power Stretch/Yoga-Pilates Combo
3:15 pm Kid's Karate and Martial Arts
4:00 pm Cardio/Strength Bootcamp Combo
4:10 pm Baseball Speed and Agility
4:15 pm Kid's Karate and Martial Arts
5:15 pm Kid's Karate and Martial Arts
4:30 pm TEEN weight Training ages 12-16
6:00 pm Kickbox/Bootcamp Fitness (Advanced)
6:15 pm Kid's Karate and Martial Arts
7:00 pm MMA/Sport Kickboxing
7:00 pm Kickbox Fitness/Bootcamp (Beginner-Intermediate)

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Thursday

5:30 am Morning Bootcamp
6:30 am Men's Weight Training (Call to enroll)
9:00 am TRX/Kickboxing MA
9:45 am Strength Training/Kettlebells
10:30am Strong and Sassy Seniors
4:00 pm Step/Cardio Strength BOOTCAMP
4:10 pm Baseball Speed and Agility
4:30 pm Youth Speed and Agility ages 8-14
5:15 pm TRX-Circuit
5:15 pm Kid's Karate and Martial Arts
5:45 pm Men's Boxing Workout (Call to enroll)
6:00 pm Little Ninjas (4-6 Years old Karate)
6:15 pm Kettlebell-Strength Circuit Bootcamp
6:30 pm Submission Wrestling
7:00 pm Krav Maga (75 minute class)
7:00 pm Level 1-2 Bootcamp
7:45 pm Zumba

Personal Training is available 5:30am until 8:30pm.

Specialized small group classes and training are available on request

FRIDAY

6:00 am Kickbox Fitness/Cardio combo
9:15 am Bootcamp Circuit
10:00am Boxing Bag workout (Call to enroll)
6:00pm ***NEW***Friday Night Kickboxing Bag workout

Personal Training is available 5:30am until 8:30pm.

Specialized small group classes and training are available on request

SATURDAY

7:30 am DO IT ALL BOOTCAMP (Beginner)
8:00 am Adult Krav Maga
9:00 am Level 3 Elite Bootcamp
10:00 am Sport Kickboxing

Personal Training is available 7am until 12:30pm.

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Ultimate Fitness Classes-Ultimate Fitness Training!

The classes at Fitness One are based on our proven system of fitness training for optimal weight loss, gaining lean muscle, improving cardio endurance and much more. We have trained thousands with positive, fast results and you can benefit from our program! Fitness classes should be way more than just following the latest fad. Many gyms will add whatever comes along that will make money-At Fitness One, we stay way ahead of the trends but add what gets results. Check out the class listing below to learn what we offer at Fitness One. If you have any questions you can contact us at trainer@myfitnessone.com

Class line up at Fitness One

*****NEW***Vipr Fitness**

The hottest new trend in the USA and the World is Vipr fitness-VIPR stands for Vitality, Performance and Reconditioning, and this awesome new module placed into our already endless variety of bootcamp and circuit workouts will leave you breathless! (Literally)You will only find VIPR in the Kernersville/Triad area at Fitness One!

NEW 9:00 am Elite Bootcamp (Advanced)

So you really think you need something harder?

This is it. This is our chance to show you just how hard one of our workouts can be. Good luck with that. (Can be modified if needed, but difficulty level will be hard!)

*****NEW***Men's Weight Training**

Men can now hit the weight room in a supervised setting-With one of our Trainers leading the pack. Get back lost strength, build back lean muscle and get prepared for one thing-results. **Sign up for this class in advance with a phone call.**

*****NEW*** Ultimate Bodyshaping Bootcamp**

The absolute best way to get started in a Fitness program, our Bodyshaping Bootcamp start up package includes everything-Getting started, the basics, nutrition, entry level classes, using our equipment-Everything you need to be successful in your program. No where but Fitness One do you find a start-up that guarantees success-If you just follow the program. Don't worry- We adjust for all levels, prepare you for classes, and we will guide you along. 21 Days is all it will take!

*****Typical weight loss is 7-17 pounds in the first 21 Days!*****

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*****NEW***Strong and Sassy Seniors**

Olinda Branch will be leading our new Strong and Sassy Seniors workout each Tuesday and Thursday at 10:30am. Perfect workout for Seniors, someone recovering from an injury or has limitations, who want to be strong and fit-With the area's leading Senior Fitness Trainer. (Scholarship available for any seniors 65+ with financial difficulties)

*****NEW***TRX/Kickbox**

The perfect combination of Cardio and Strength-The best in Bodyweight Suspension Training and Ultimate Bag workouts for cardio and fat burning!

*****NEW***Friday Night Kickboxing Bag workout**

Ready to get your Bag workout on? The new Friday night bag workout will give you what you want-All bag/pads, all the time. Warm up and then go to it with a dynamite Kickboxing workout and cool down with an ab-blaster routine that will utilize TRX, VIPR, Medicine balls and more leaving the calories burned, fat shed and belly flat.

Kickbox Fitness/Combo classes

Burning up to 800 calories per hour, The **Kickbox program** at Fitness One is the only one of its kind in the Triad area, and our staff are certified trainers and Kickboxing Instructors. Not only will you learn the correct form and basics, but you will also get a bag slamming workout, toning up arms and shoulders, shedding inches and punching away stress. Classes are broken into 2 levels, Beginner-Intermediate and Advanced levels.

Bootcamp

Anytime you see the word **Bootcamp** on our schedule, it means we are going to be using many different types of training to keep your body guessing and getting results. At Fitness One, you never repeat the same class over and over-We want you to be loving training and looking forward to it each day. Look for the word Bootcamp and be ready for a workout (See "Bootcamp" on schedule or attached to any series of classes)

TRX Suspension Training

What we feel to be the number one training tool in the world, the **TRX** trains the total body, core and more in a way like you have never experienced. A class favorite at Fitness One, The **TRX** is used in many of our Bootcamp classes, but also has a few classes of it's own. We were first to offer **TRX** in the Triad, and look forward to you reaping the rewards!

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Strength Training Classes

This class does what no other class can do-Provide a total body progressive weight training workout that will help you lean out and be strong. Offered 2 mornings per week, this is a staple for anyone on our morning schedule to complete the week. Lean muscle wears well, and is crucial to any program. Oh-And don't worry about the cardio...you will be getting it at the same time! In the event of an an emergency, your super-powers will be ready!

Circuit Training

Our trademark-The ultimate workout, combining the best of all Fitness modules into one fantastic workout. Our one of a kind system places exercises in the perfect order to maximize cardio, strength and fat loss. The perfect class.

Kettlebell Bootcamp

The Kettlebell. Wow. Burn up to 1200 Calories per hour with one of the best tools for overall conditioning in the world. A weight that looks like a cannonball with a handle, the Kettlebell stands alone as a great way to strength train while getting the heart pumping.

FOUR O'CLOCK FITNESS Bootcamp

Need an afternoon workout? The new Four O'clock Fitness Bootcamp offers everything our regular fitness line-up has to offer-At a great early time slot in the afternoon. FOUR O'Clock fitness is perfect for teachers, mom's, parents who are waiting for kids in a Martial Arts class and anyone who can get to the gym at an early hour. We use TRX, Kettlebells, steps,circuit training and more-Everything you need to get your workout in and done-All in less than 45 minutes!

Boxing Bag workout

The best of learning basic boxing with the incredible stress relief of punching the bag. Boxing tones arms and shoulders, develops the core, burns calories, improves endurance and it is FUN. Classes taught by professional boxing trainers and coaches combined with Fitness Instructors. Call for more info

Israeli Krav Maga

Everyone needs the confidence and security of knowing how to defend themselves. In our Krav Maga program, you get these benefits combined with a great workout. Krav Maga is the hottest class in America, but only at Fitness One can you find Authentic Israeli Krav Maga. Learn escapes from holds, defenses against grabs and weapons and much more. Krav Maga is great for anyone who wants a great workout and wants to learn.

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Sport Kickboxing

Combining the best in boxing and kickboxing, this class teaches you the art of kicking and punching, blocking and moving. Learn from the only Permanent Official Joe Lewis Training Center in the North Carolina area, by professional fighters and World Class trainers. Our fun, educated approach to the Martial Art of Kickboxing will challenge you to be your best!

Bootcamp Circuit

High energy is what this class is about, offering our daytime members a balance of circuit training, kickboxing and TRX Suspension training 3 days per week. This balanced class is perfect for anyone, and makes a great 3 day per week workout regiment for anyone who wants to get in shape.

Submission Wrestling

Want to learn to grapple like an MMA fighter? This class combines the best in ju-jitsu and wrestling for a dynamic class that shows you how to apply many different locks, holds and submissions. Learn for fun or train for competition in this class that will enhance your ground skills and give you a workout

Kid's Speed and Agility

Young athletes and kids enjoy a regular workout that is designed to not only get them in shape, but to enhance their skills in whatever sport they play. Increase speed, improve reaction time, learn form mechanics and much more in this specialty class that is a must for any child who needs to be taught the value to physical training.

Baseball Speed and Agility

Reserved for teen Baseball players in the High School Age desiring to develop speed, strength and stamina to improve their game. Speciality class (Call to enroll)

Personal Training

For Fitness-Nothing beats consistent one on one training. Our system applied to your goals on a Personal basis is lightning quick with results. We plan everything, all you do is show up for workouts and follow the plan. Personal Training can also be done with a friend, and is offered on a one, two or three time per week option. Our affordable PT rates make Personal Training a great option for those who need extra accountability, or an extra push.

For Martial Arts-Learning the Martial Arts one on one accelerates learning to 3-5x the regular pace! Choose Self-defense, Kickboxing, Krav Maga or submission wrestling. Train monthly or purchase your sessions in blocks. We can tailor the program to fit what you need. Our Monthly one on one clients in all of our PT programs enjoy access to all classes, first priority on new classes and of course can attend specialty classes at no extra charge.

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Confidence and Assertiveness Training

Confidence is an attribute vital to almost everything you do. Our private specialty Confidence course is designed to help you develop what you need. Your privacy is important to us, and we will train you one on one while we develop the skills to help you handle any situation, verbal or physical.

Youth Sports Performance Enhancement (private/small group)

Develop the attributes your child needs to play any sport. Our speed and agility training for youth will enhance your child's game no matter what they play. We work on running form, explosiveness, endurance, and attitude. A top rated program at Fitness One.

Youth Karate and Martial Arts Training

All children need training. Our Martial Arts program at Fitness One is designed to offer the best that the Martial Arts has to offer. A unique blend of Karate, Taekwondo and self-defense, our program teaches children skills vital to dealing with peer pressure, bullies, stranger danger and give them a great workout too. Other benefits of Martial Arts training includes discipline, respect, coordination, self-confidence and more.

We have other classes and programs on our schedule that are private, semi-private, or small group. We can also custom design a class for you with a small group of 6 or more. Have questions? Our staff is available everyday to answer questions, schedule free evaluations with new members or to discuss class options. Contact us at trainer@myfitnessone.com or call us at 336-655-4558.

Quick Links

The Fitness One Website

<http://myfitnessone.com/>

Be our Friend and Follow us on Facebook

<http://www.facebook.com/myfitnessone>

Still have questions? you can reach us at 336-655-4558