

THRIVE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	8:30 AM	6:00 AM	8:30 AM	6:00 AM	8:30 AM
10:00 AM	5:30 PM	12:00 PM	5:30 PM	12:00 PM	10:00 AM
	6:30 PM				

*Max 6 participants

INCREASE Strength, Endurance, Metabolism, and Stability.

DECREASE Cardiovascular Diseases, Fall Risk/Injury, and Pain.

The Thoreau Club has partnered with Mike Boyle, one of the foremost experts in Strength and Conditioning to bring our members THRIVE - a safe, fun, and effective fitness program.

THRIVE is part of our small group training offerings for members who seek to look, move, and feel better.

What to expect:

Participants start each workout with movement prep and warm-up such as stretching, foam rolling, and mobility exercises, to not only prepare for the workout but will extend to feeling better throughout the remainder of the day.

The next portion of the workout is dedicated to power development. We are not talking about bootcamp here, we are talking about med ball throws, kettlebell swings, and jumping.

Power development is followed by strength movements. In this phase our trainers help focus on the quality of movement rather than the quantity. Here participants do squats, core strengthening, upper body pulling/pushing.

Each THRIVE session will end with a conditioning component called "Burn". This will include either responsible heart rate training, or AirBike.

Health is the state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.

- WHO (World Health Organization)

Our THRIVE sessions help take the guesswork out of what's effective.



Regular resistance training - even starting late in life - has been proven to not only reverse muscle loss due to aging but also improve muscle strength and mass while rebuilding. THRIVE at Thoreau will get you there! .

LOCATION

THRIVE STUDIO
BOTTOM FLOOR

QUESTIONS: CIOCI@THOREAU.COM

*Schedule is subject to change

- All sessions take place in our private dedicated THRIVE Studio
- All ages and fitness levels are welcome
- Limited spots (6) available per class

The
Thoreau Club