

# STRIVE



**AMERICAN FAMILY FITNESS**  
FIT AS YOU WANT TO BE

[WWW.AMFAMFIT.COM](http://WWW.AMFAMFIT.COM)

AMERICAN FAMILY FITNESS COLONIAL HEIGHTS  
501 E. ROSLYN RD.

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15 STAN 8:00 ASHLEY E. 10:00 GEORGE 5:30 BO	2 6:00 ASHLEY E. 8:00 GEORGE 10:00 STAN	3
4 6:00 ASHLEY G. 8:00 ASHLEY G. 10:00 STAN 6:00 BO	5 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	6 6:00 ASHLEY G. 8:00 ASHLEY G. 10:00 STAN 6:00 GEORGE	7 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	8 6:00 ASHLEY G. 8:00 ASHLEY E. 10:00 STAN 6:00 GEORGE	9 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	10 6:00 ASHLEY E. 8:00 GEORGE 10:00 STAN
11 6:00 ASHLEY G. 8:00 ASHLEY G. 10:00 STAN 6:00 BO	12 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	13 6:00 ASHLEY G. 8:00 ASHLEY G. 10:00 STAN 6:00 GEORGE	14 5:15 STAN 8:00 ASHLEY E. 10:00 GEORGE 5:30 BO	15 6:00 ASHLEY G. 8:00 ASHLEY E. 10:00 STAN 6:00 GEORGE	16 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	17 6:00 ASHLEY E. 8:00 DANE 10:00 STAN
18 6:00 ASHLEY G. 8:00 ASHLEY G. 10:00 STAN 6:00 BO	19 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	20 6:00 ASHLEY G. 8:00 ASHLEY G. 10:00 STAN 6:00 GEORGE	21 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	22 6:00 ASHLEY G. 8:00 ASHLEY E. 10:00 STAN 6:00 GEORGE	23 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	24 6:00 ASHLEY E. 8:00 ALECIA 10:00 STAN
25 6:00 ASHLEY G. 8:00 ASHLEY G. 10:00 STAN 6:00 BO	26 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	27 6:00 ASHLEY G. 8:00 ASHLEY G. 10:00 STAN 6:00 GEORGE	28 5:15 STAN 8:00 ASHLEY E. 10:00 GEORGE 5:30 BO	29 6:00 ASHLEY G. 8:00 ASHLEY E. 10:00 STAN 6:00 GEORGE	30 5:15 STAN 8:00 ASHLEY E. 10:00 ADAM 5:30 BO	31 6:00 ASHLEY E. 8:00 ALECIA 10:00 STAN

# STRIVE CLASS FORMAT

## Strive:

Strive is a combination of cardiovascular and strength training. STRIVE is the ultimate circuit workout focused on helping you improve your strength, flexibility, and balance. The class includes various workouts with STRIVE equipment; there will be time to rest between machines. Stretching will be done at the end of class.

\*Through the use of the **Rating of Perceived Exertion** chart, each class is geared towards each individual's fitness level.

Rating	Intensity Levels
0	Nothing
½	Very-Very Light
1	Very Light
2	Light
3	Moderate
4	Somewhat Hard
5	Heavy
6	Heavy
7	Very Heavy
8	Very Heavy
9	Very-Very Heavy
10	Very-Very Heavy

The Rating of Perceived Exertion (RPE) is a method to determine heart rate intensity by selecting a number that reflects how you are feeling. This American College of Sports Medicine scale allows participants to rate their effort on a scale from 0 (nothing at all) to 10 (very-very heavy). For the beginning exerciser, the scale should be used in conjunction with heart rate monitoring techniques for measuring exercise intensity. Over time, experienced exercisers will learn how to recognize their feeling at each level of intensity. It is important to stress that using the RPE scale requires practice and it should not be the sole method to judge intensity.