

STRIVE



AMERICAN FAMILY FITNESS
FIT AS YOU WANT TO BE

WWW.AMFAMFIT.COM

AMERICAN FAMILY FITNESS COLONIAL HEIGHTS
501 E. ROSLYN RD.

AUGUST 2010

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

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.