HIGH INTENSITY INTERVAL TRAINING
Presented by SHELDON MCBEE
10/9/17 at 7:00pm: Fire Up Fat Loss and Endurance • UAC Functional Training Room
10/10/17 at 10:30am: Fire Up Fat Loss and Endurance • UAC Front Basketball Court
How can interval training speed up results? It’s no secret. High intensity interval training (HIIT) is well-documented to improve fat loss, cardiovascular conditioning, and metabolism when compared to regular exercise. In this interactive workshop we will unravel the keys on how to integrate this type of exercise programming into your weekly schedule. Come prepared to learn, move around, interact, and apply what is known as one of the top trends worldwide in fitness.

THE GLUTE WORKSHOP
Presented by STEVE ARMSTRONG - All are on the UAC Front Basketball Court
10/19/17 at 10:30am: Series 1 • 11/6/17 at 10:30am: Series 2
11/28/17 at 10:30am: Series 3 • 12/21/17 at 10:30am: Series 4
Glutes are much more than a vanity muscle! They can add to your athletic performance as well as alleviate pain in the lower back. Learn how to add correct glute movements to your workouts so you can be more athletic while looking good too!

MASTERY OF THE KETTLE BELL
Presented by MICHAEL GIOVINGO - All are on the UAC Front Basketball Court
11/2/17 at 10:00am: KB Deadlift & KB Swing
12/7/17 at 10:00am: Farmers Carry & 1-KB Racked Squat
1/11/18 at 10:00am: Get-Ups
Learn about the usefulness of the kettle bell training within your workout. This series will give you a variety of tools, tips, techniques, and extra bonuses on a variety of exercises using kettle bells.

CORE TRAINING
Presented by CHARLEY GOULD - All are on in the UAC Functional Training Room
11/9/17 at 7:00pm: Internal Training
1/4/18 at 7:00pm: Anti Training
The core or “abs” is wildly misunderstood. Many common “core” exercises may exacerbate lower back pain rather than help you build a strong physique. Join us to understand what the core is, what it should be used for, why it matters, and how to apply your newfound knowledge to safe workouts.

ADVANCED TRAINING PRINCIPLES
Presented by RYAN GULLEDGE - All are on the UAC Front Basketball Court
11/20/17 at 12:45pm: Forced Reps & Partial Reps
12/12/17 at 12:45pm: Pre-exhaust Training & Drop Sets
12/29/17 at 12:45pm: “Down the Rack” Drop Sets & “Variation Triple” Drop Sets
 Spice up your current workout! Ryan will show you some new, fresh ideas to keep your workouts more interesting and increase your motivation. In addition, you’ll safe ways to advance your training.

Space is limited! Pre-Register for each event on our Mobile App or website.
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