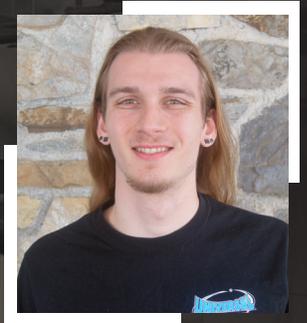


# COMPLIMENTARY MINI WORKOUTS

WITH UAC CERTIFIED  
TRAINER TIM RABIDEAU



B.S. Exercise Science •  
CSCS Certified •  
THRIVE Trainer •

**SEE BACK FOR SCHEDULE & WORKOUT DESCRIPTIONS**

All workouts will be held on the main floor and will meet at the turf area.  
To help maintain physical distancing, only 4 people per workout.

No registration necessary but if you would like to to reserve a spot  
contact Tim Rabideau at [TimR@UniversalAthleticClub.com](mailto:TimR@UniversalAthleticClub.com)



# UAC MINI WORKOUTS

15 minute workouts led by a Nationally Certified Personal Trainer. These workouts are free, energizing, and short. This is great way to complement a class or even a workout on the main floor. Meet with the Trainer on the main floor and experience this awesome workout to energize your fitness results.

## MINI WORKOUTS SCHEDULE

### Monday

9am-9:15am Move Right, Feel Right  
9:30am-9:45am Full Body Burnout

### Tuesday

9am-9:15am Ab Blaster  
9:45am-10am Igniting Intervals

### Thursday

9am-9:15am Ab Blaster  
9:30am-9:45am Igniting Intervals

### Friday

9am-9:15am Move Right, Feel Right  
9:45am-10am Full Body Burnout

## WORKOUTS DESCRIPTIONS

### MOVE RIGHT FEEL RIGHT:

The best way to get you moving for the day! This mobility routine is a perfect warm up for any workout or group class, as well as a great introduction to learning to move correctly.

### FULL BODY BURNOUT:

Don't think you can work your entire body in 15 minutes? Think again! This is a great finisher after any workout, and a quick way to get your workout in if you're pressed for time. The best part is that it's mainly bodyweight.

### IGNITING INTERVALS:

Interval training is one the most efficient ways to shred bodyfat! Get your interval training in a unique way with this circuit routine that's bound to make you sweat! Very few exercises, but with all the burn attached!

### AB BLASTER:

Hit the core from all angles! This circuit-based ab routine will leave you feeling challenged and ready for the next one!

