

Go with the TEAM!

Be a part of our premier personal training system that provides results! We know people do better with coaching, encouragement, support, and accountability!

Team Training includes: Certified Personal Trainers, Unlimited Team Sessions, & Bi-monthly Assessments

Getting To Know Your Classes:

Shred:

You can't build a great home without a solid foundation. Likewise, before we begin more advanced layers of fitness you first need to establish proper movement and a base level of conditioning. With a challenging, full-body program, Shred will ensure that you avoid injury, make progress at your pace and begin the path to success.

Afterburn:

Are you ready for something different? Many people strength train with weights, while others do cardio or aerobics - somewhere between is Afterburn, the ultimate fat loss workout. Some of the tools and techniques may seem new to you but many have been around for over 100 years!

Strength:

Want to get stronger, slimmer and more athletic? Strength is the solution! Working with heavier loads and fewer reps, means more strength without bulk. This program combines old-school tools with modern science to provide you with the fastest path to better strength and conditioning.

Please see the Front Desk to enroll in the Team Training Program or contact your Fitness Consultant today!

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CG | TEAM TRAINING

Military Road

Schedule Effective June 29, 2020

Time	Monday	Tuesday	Wed	Thursday	Friday	Sat
5:00 am		Afterburn Cameron		Strength Heather	Trainer's Choice Cameron	
8:00 am		Afterburn Wendy		Strength Wendy		
5:30 pm		Shred Angel		Strength Cameron		

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Pontchartrain Drive

Time	Monday	Tuesday	Wed	Thursday	Friday
8:30 am					Trainer's Choice Michelle
10:00 am	Afterburn Deena		Shred Deena		
5:30 pm	Shred Angel		Afterburn Angel		
6:30 pm		Afterburn Henry		Strength Henry	

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Gause Blvd

Time	Monday	Tuesday	Wed	Thursday	Friday	Saturday
8:00 am		Afterburn Kembra		Strength Mandie		
8:30 am			Strength Mandie			
10:00 am						Trainer's Choice
4:30 pm		Strength Mandie		Afterburn Kembra		
5:30 pm	Shred Joey		Afterburn Joey			