



# ONE TO ONE WELLNESS Small-Group Training Schedule

www.121wellness.com | 1705 High School Rd. #110 Jackson, WY 83001 | 307.734.2808



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Functional Fitness</b> 7:00 - 8:00 am Mimi		<b>Functional Fitness</b> 6:00 - 7:00 am 7:00 - 8:00 am Brooks		<b>Functional Fitness</b> 6:00 - 7:00 am 7:00 - 8:00 am Brooks  <b>Functional Fitness</b> 12:00 - 1:00 pm Mimi	
	<b>Fundamentals</b> 6:00 - 7:00 pm Brooks	<b>Fundamentals</b> 6:00 - 7:00 pm Brooks	<b>Fundamentals</b> 6:00 - 7:00 pm Brooks		

We Welcome You to Attend any Group Session for a Drop-In rate of \$20.

\$150/month for Unlimited Monthly Participation in the Small-Groups.

Discounted Pricing when you Pay in Advance \$375 for 3 months - a Discounted Rate of \$125/month.



# ONE TO ONE WELLNESS Small-Group Training Descriptions

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Do you want to get fitter, faster, and have more integrated functional strength in your active life?

Do you want to see real changes in your body, sleep deeper, feel happier, while having fun?

If yes, then join One to One Wellness' Small-Group Training Sessions at a Great Price!

## Functional Fitness Small-Group Training

This circuit-style training incorporates full body, dynamic exercises, kettle bells, and Olympic weightlifting in fun, fast-moving workouts that are custom-designed - different each session - scaled to all abilities - from beginner to advanced. The workouts keep you engaged and motivated, and participants will see significant progress in how they perform, look and feel. You will be trained in the correct movement patterns to live an active Jackson Hole lifestyle, injury-free. You'll also learn fitness drills that you can easily use on-the-road or at home.

## Fundamentals Small-Group Training

Olympic Weightlifting | High Intensity Interval Training | Strength & Conditioning  
Strongman Training | Forging Mental Toughness

Brooks Woodfin is committed to working with a group of motivated and dedicated athletes. Any ability level/ fitness level welcomed and encouraged. This Crossfit-style workout will focus on developing speed and power. You will learn the most common Olympic movements, kettlebell movements, equipment protocols - such as ball slam variations and kettlebell variations, as well as basic bodyweight and bar bell movements.

Brooks is working to train your mind as much as your body!