



Group Training Schedule

Beaverdale AF GT (Group Training) is a community-based fitness program that promotes strength, speed, endurance, power, and well-rounded conditioning. We focus on the members' all around GPP (general physical preparedness) so that they can be performing optimally & living their best lives outside the gym. This means you are getting just the right amount of "everything" so that you can live the life you want without fear of limitation.

Expect plenty of pushing, pulling, pressing, and moving through all ranges of motion. Our coaches specialize in appropriate movement scaling so it doesn't matter if you're in your early 20's looking to reclaim your athleticism, or your golden years looking to stay strong and energetic. We are here to help!

Monday	Tuesday	Wednesday	Thursday	Friday
6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am
6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am
6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	8am 10am
6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am
6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am 5pm 6pm	6am 8am 5pm 6pm	6am 8am 10am