

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5:00 AM	CLOSED						
5:30 AM							
6:00 AM		Foundation Fit	Boot Camp	Foundation Fit	Boot Camp	Foundation Fit	
6:30 AM							
7:00 AM							
7:30 AM							Foundation Fit
8:00 AM							
8:30 AM							Kettlebell Class
9:00 AM		Super Mom	Super Mom	Super Mom	Super Mom	Super Mom	
9:30 AM							Youth Sport Training
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Lunch Blast	Lunch Blast	Lunch Blast	Lunch Blast	Lunch Blast	
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM			Youth Sport Training		Youth Sport Training		
5:00 PM							
5:30 PM	Kettlebell Class	Foundation Fit	Kettlebell Class	Foundation Fit			
6:00 PM							
6:30 PM	Foundation Fit	Kettlebell Class	Foundation Fit	Kettlebell Class			
7:00 PM							

 Foundation Classes

 Foundation Small Group or Sport Performance Training - *By Appointment Only*

Call Foundation HP at 760-602-0262 to make an appointment or if you have any questions.

Personal Training for \$35 a Session?!

Yes! The Foundation approach to personal training is revolutionary in the field. We offer personal training programs conducted in small group settings. This is NOT the typical small group or class where everyone does the same workout. Each person has their own workout based on their Performance Screen and objectives. Each client's workout is posted on the white board and a trainer instructs and watches up to five clients at a time. This is a lot more work for our trainers, and this is why we hire and train only the best trainers we can find. ***Call us today to make your personal training appointment!***

Challenging Classes

Foundation's classes are all quality and no fluff. Big box gyms do not offer these kinds of classes. Our classes offer an amazing workout in minimal time. They are highly variable (every class is different), and will challenge you in ways you never thought possible. We offer Kettlebell, Boot Camp, Lunch Blast, Super Moms, Yoga, and Sport Performance classes to challenge anyone who dares to push themselves. Below are brief descriptions of our classes.

Foundation Fit: This is Foundation's signature class. Workouts vary between interval circuit training to strength-based workouts. There are multiple workouts per class to accommodate all levels of fitness and function. Equipment used varies also from bodyweight exercises, to kettlebells, to traditional dumbbells and barbells.

Boot Camp: Are you an early riser who likes to feel the burn? This is your class. Boot Camp focuses on strength endurance and running to get you "fit to fight." You will use Kettlebells, bodyweight exercises, medicine balls, ropes, and more to get fit FAST.

Kettlebell Class: Learn all the basics of Kettlebell training and then some in this challenging class. Kettlebells are the most versatile tool in any gym. Class focus varies between high intensity fat burning workouts to strength & mobility workouts. If you ever plan to get into Kettlebells, this class is a must! All levels are easily accommodated.

Lunch Blast: This is for the person who wants to roll the dice. You have an hour? We have the ultimate challenge for you. Every day is a different challenge. Workouts can range from a 700 calorie burning kettlebell workout to tire flipping and sled pushing and more. All movements will be taught before each day and workouts can be scaled to any level. The workouts will be 45 minutes to an hour max.

Super Mom: This high intensity interval circuit training class was created by a handful of moms who just like to get after it. The tempo is fast, the workouts are random, and the mood is fun. Workouts are easily scaled to your ability. This class is great for someone who is afraid of going to the gym because you don't know how to do exercises properly. We teach you everything! Super Moms learn how to squat, deadlift, swing a kettlebell, Olympic lift and many other things.