

Group Training Classes Albuquerque – Upward Motion Personal Training Announces Group Training Schedule as of April 26, 2014

Group training classes are abundant it is apparent at Upward Motion Personal Training when looking at the company's full workout calendar schedule. The company offers a variety of group training classes Monday through Sunday, Sunday being the lightest schedule with only one class offered. The classes the company offers include Shockwave, Strength Tone Power, Cardio Strength Tone, Pilates, Trx and Tabata works. People interested in finding out more about what the classes offered are all about are encourage to call in and talk to one of the staff members. The class schedule is as follows:

Monday's

6:15 am	Shockwave	Jessi Allen
9:15 am	Strength Tone Power	Jessi Allen
12:15 pm	Cardio, Strength, and Tone (CST)	Daniel Slade
5:00 pm	Shockwave	Jami Brokaw
5:30 pm	Strength Tone Power	Angelo Miramontes
6:00 pm	Cardio, Strength, and Tone (CST)	Daniel Slade

Tuesday's

6:15 am	Strength Tone Power	Jessi Allen
9:15 am	Cardio, Strength, and Tone (CST)	Daniel Slade
12:15 pm	Shockwave	Jessi Allen
5:00 pm	Strength Tone Power	Angelo Miramontes
5:30 pm	Shockwave	Daniel Slade
6:00 pm	Pilates	Jamie Smolky

Wednesday's

6:15 am	Cardio, Strength, and Tone (CST)	Daniel Slade
9:15 am	Shockwave	Daniel Slade
12:15 pm	Tabata Works	Daniel Slade
5:00 pm	Cardio, Strength, and Tone (CST)	Dominic Tonihka (2)
5:30 pm	CrX	Jessi Allen
6:00 pm	Tabata Works	Dominic Tonihka (3)

Thursday's

6:15 am	Cardio, Strength, and Tone (CST)	Daniel Slade
9:15 am	Shockwave	Daniel Slade
12:15 pm	Tabata Works	Daniel Slade
5:00 pm	Cardio, Strength, and Tone (CST)	Dominic Tonihka (2)
5:30 pm	CrX	Jessi Allen
6:00 pm	Tabata Works	Dominic Tonihka (3)

Friday's

6:15 am	Pilates	Jamie Smolky
12:15 pm	Cardio, Strength, and Tone (CST)	Daniel Slade
5:30 pm	45 Minute Shockwave	Daniel Slade

Saturday's

9:30 am	Cardio, Strength, and Tone (CST)	Dominic Tonihka
10:15 am	Pilates	Jamie Smolky

Sunday's

11:00 am

[45 Minute Shockwave](#)

Luis Alvidrez

About [Upward Motion Personal Training](#):

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Shockwave Group Training Classes and Indo-Row Group Training Classes. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

CONTACT:

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