



ADVANCED TRAINING JANUARY & FEBRUARY

7

Row Fit

Adult Playground

Mondays • 4:30-5:30pm with Tyler

This intense class will kick your cardio into high gear by utilizing the rower to work with different levels of speed and resistance. Combined with resistance exercises off the rower, this class provides the perfect balance of cardio and strength.

7

Boxing for Parkinson's

Adult Playground

Tuesdays • 1:00pm-1:55pm with Kathy

Learn the fundamentals of non-combat boxing including stance, jabs, calisthenics and use of a punching bag. This "pilot" class is open to people with early stage PD. No skills needed other than good balance and mobility. Medical clearance is requested. "Fight PD Boxing" is sponsored by the American Parkinson Disease Association-Wisconsin Chapter. Visit www.wichapterapda.org to become a member.

7

Detox Your Life

Studio 2

Wednesdays • 5:30-6:30pm with Rachel

Detox has become a buzzword often associated with diet and clean eating. Our bodies have built-in detox systems, but as we've become inundated with chemicals and toxins in every area of our lives, detoxing properly has become more difficult. In this advanced training class, you'll get comprehensive strategies for reducing toxins in each area of your life to support your physical, mental and emotional health. Each week will include a discussion portion and a yoga based movement portion.

7

Metabolic Boot Camp

Adult Playground

Saturdays • 9:30-10:25am with Kathy

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

Register for Advanced Training at the Front Desk.

7 Week

Classes meet once a week for a 7-week session

7-Week Fee: \$70 member | \$105 non-member

Drop-In Fee: \$15 member | \$20 non-member

BROOKFIELD