

ADVANCED TRAINING



JANUARY -
FEBRUARY

7

Boxing for Parkinson's

Adult Playground
Tuesdays • 1:00-1:55pm

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.

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Metabolic Boot Camp

Adult Playground
Tuesdays • 6:00-6:55pm with Kyle
Thursdays • 9:00-9:55am with Don

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.

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Women on Weights

Women's Only Studio
Fridays • 10:00-10:55am with Sarah

Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted! Come join us. All levels welcome.

Workshops

Self-Defense

Gym/Court
Sunday, January 9 • 10am with Garrett

This ringside based class focuses on techniques against assault. Learn practical strategies for escaping potentially dangerous situations, adopt mental techniques for reducing victimization, and improve your overall confidence and physical preparedness.

Yoga for Beginners

Lotus Studio
Saturday, January 15 • 9:30am with Katie

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

Register for Advanced Training at the Front Desk.

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Classes meet once a week for a 7-week session
Fee: \$70 member | \$105 non-member
Drop-In Fee: \$15 member | \$20 non-member

Registration Information
December 13 | Member registration begins.
December 14 | Non-member registration begins.

Workshop Fee:
\$20 member | \$25 non-member

