



ADVANCED TRAINING JANUARY & FEBRUARY

4

OutFITT
Thursdays • 11:30am
with Mike L

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results.

Register for Advanced Training at the Front Desk.

**Candlelight Partner
Massage Workshop**
Friday, February 12 • 6pm
with Cathy S
Workshop Fee: \$40 per couple

Want to enjoy a relaxing evening with your significant other - during this workshop you will learn how to enjoy giving and receiving massage work without having pain in your hands and wrists. This workshop will help reinforce the bond between couples in relationship building and relieving stress at the same time.

4 Week

Classes meet once a week for a 4-week session

4-Week Half-Hour Fee: \$45 member | \$65 non-member

4-Week Hour Fee: \$90 member | \$110 non-member

DOWNTOWN