



ADVANCED TRAINING JANUARY & FEBRUARY

Happy Hour

Gym | 7 week
Mondays • 8:30am *with Kayla*

Knockout

PT Studio | 7 week
Mondays • 7:45am *with Kris B*

Power

Gym | 4 week | Sessions 1 & 2
Tuesday or Thursday • 6:45am *with Shannon*

Body Transformation Bootcamp

Gym | 7 week
Wednesdays • 9am *with Megan*

MX4

PT Studio | 4 week | Session 1 & 2
Mondays • 5:15pm *with Angela*
Wednesdays • 7:45am *with Angela*
Wednesday • 12:30pm *with Angela*
Thursdays • 12:30pm *with Shannon*
Fridays • 7:30am *with Shannon*
Saturday • 8am *with Angela*

Women on Weights

PT Studio | 7 week
Tuesdays • 5:45pm *with Kayla*

Tread & Train

Fitness Deck | 7 week
Fridays • 9am *with Mike L*

Fit Club

Gym | 7 week
Wednesdays • 5:30am *with Kayla*

Three20

Gym | 7 week
Fridays • 8:30am *with Kayla*

Barre Burner

Studio 2 | 7 week
Thursdays • 8am *with Debbi*

Tabata in the Pool

Pool | 7 week
Tuesdays • 7:45am *with Cindy*

Power ft. TRX and Kettlebells

Gym | 4 week | Sessions 1 & 2
Tuesdays or Thursdays • 6pm *with Mike B*

Cycle Fit

Cycle Studio | 7 week
Wednesdays • 5:30pm *with Angela*

Register for Advanced Training at the Front Desk.

7 Week

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

4 Week

Classes meet once a week for a 4-week session
Half-Hour Fee: \$45 member | \$65 non-member
Hour Fee: \$90 member | \$110 non-member

LAKE COUNTRY