



# ADVANCED TRAINING

JANUARY - FEBRUARY



7	<b>Barre Burner</b> Studio 2 Thursdays • 8am with Debbi	Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!
7	<b>Happy Hour</b> Gym Mondays • 8:20am with Kayla	Kick-start your metabolism and get those muscles smiling in this one-hour class that combines high-intensity interval training, total-body conditioning and foam rolling. Enjoy a bottle of water at the end of class...compliments of WAC. Your endorphins are calling!
7	<b>Maximum Muscle</b> PT Studio Thursdays • 5pm with Nick	Maximum muscle is designed to teach you proper power lifting form and technique while incorporating circuit training. Challenge your muscles to the max and blast away calories by rapidly progressing through trainer-designed stations.
4	<b>MX4</b> PT Studio   Session 1 & 2 Mondays • 5:15pm with Angela Wednesdays • 7:30am with Angela Fridays • 7am with Shannon Saturdays • 8am with Angela	Discover MX4 Training for a fresh, motivating exercise experience that delivers results you can see. Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Whether you're striving to shed a few pounds, enhance performance, or improve overall fitness, MX4 will help you achieve more with a mix of personal trainer attention, camaraderie, and challenging progressive workouts.
4	<b>Power</b> Gym   Sessions 1 & 2 Tuesdays or Thursdays • 6:45am with Shannon	Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through calories, build stronger muscles and increase your explosive power and speed.
4	<b>Power Feat. TRX &amp; Kettlebells</b> Gym Tuesdays or Thursdays • 6pm with Mike B	Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through calories, build stronger muscles and increase your explosive power and speed.
7	<b>Tabata in the Pool</b> Pool Tuesdays • 7:45am with Cindy	Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.
7	<b>Tread &amp; Train</b> Fitness Deck Fridays • 9am with Mike L	This intense class will begin on the treadmill using different levels of incline and speed designed to kick your cardio into high gear. For the second half of the class, you will use resistance training to create the perfect balance of cardio and strength training.
7	<b>Women on Weights</b> PT Studio Tuesdays • 5:45pm with Kayla Wednesdays • 9:30am with Becky	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!

## Register for Advanced Training at the Front Desk.

7	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	Classes meet once a week for a 4-week session Half-Hour Fee: \$45 member \$65 non-member	Registration Information December 13   Member registration begins. December 14   Non-member registration begins.
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