



ADVANCED TRAINING JANUARY & FEBRUARY

Barre Burner

Studio 1 | 7 week
Tuesdays • 9-9:55am
with Melissa C

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!

Shred

Fitness Floor | 4 week
Mondays & Wednesdays • 6-6:30pm
with Cassie H

Be ready to sweat and beat boredom in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using a combination of gym toys and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits (or a variety of disciplines).

Workshops

Roll and Release Workshop

January 2 • 11am with Cassie H

Hips and Hamstrings Workshop

February 13 • 11am with Cassie H

All About Glutes Workshop

January 9 • 9:15am with Cassie H

Speed & Agility Workshop

February 20 • 11am with Cassie H

Stress Management Workshop

January 16 • 9:15am with Kayla J

Individual Running Analysis

January 30 & February 27
with Cassie H

How to Sleep Well Workshop

January 30 • 9:15am with Kayla J

45 MINUTE SLOTS AVAILABLE:
9:00am, 9:45am, 10:30am, 11:45am,
and 12:30pm

Shoulder Release Workshop

February 6 • 9:15am with Cassie H

Register for Advanced Training and Workshops 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
Fee: \$90 member | \$110 non-member
Hour Drop-In Fee: \$25 member | \$30 non-member

NORTH SHORE