



ADVANCED TRAINING

JANUARY - FEBRUARY



7	Adult Learn to Swim Lap Pool Tuesdays • 6:30-7:30pm with Elyse	Have you ever wanted to learn how to swim or better your technique? This class is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regimen.
7	Mindfulness and Meditation Mind Body Studio Wednesdays • 9:45-10:45am with Paul	Are you mindful or is your mind full? In this class you will learn the concept of mindfulness and the practice of meditation, both of which have been proven scientifically to reduce stress, help deal more effectively with emotions, and increase physical and mental well-being. Quiet your mind and a changed life you will find!
7	Move and Meditate Mind Body Studio Fridays • 11:00am-12:00pm with Senta	Regular meditation practice is beneficial to your mental and physical well-being. If you're curious on how to begin meditating, let our certified yoga and meditation instructor demystify the practice and introduce you to meditation techniques you can use in your daily routine. Each session begins with easy yogic movement, designed to relax the mind and body, readying it for ease and quiet. Next, you will transition into exploration of various breathing exercises and guided meditation.
7	My First Race Fitness Floor & Mind Body Studio Tuesdays • 6:00-7:00pm with Alix	This class is designed for those looking to run their first 5k! Whether you are a runner, jogger or walker, we'll get you the specific coaching and training you need to run a 5k. Workouts range from 1.5 to 3.1 miles. Participants should be comfortable walking 2 miles continuously.
4	Shred Gym Thursdays • 12-12:30pm with Ryan S1: 1/6-1/27 S2: 2/3-2/24	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).
4	Tabata in the Pool Exercise Pool Mondays • 9:15-9:45am with Katie S1: 1/3-1/31	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	Total Strength Gym Wednesdays • 7:00-8:00am with Cassie	Are you looking to build muscle and burn fat? Whether you're just getting started or you're a constant gym goer, Total Strength will target all major muscle groups, making sure you get a challenging, full-body workout. In this program, you will progress through strength-building combinations and learn new ways to sculpt your body using a variety of equipment ranging from body weight to kettlebells and barbells to elastic bands.
7	Tread & Train Fitness Floor Wednesdays • 5:30-6:30am with Charlie <i>No class on February 26</i>	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.

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 Hour Fee: \$90 member \$110 non-member	Registration Information December 13 Member registration begins. December 14 Non-member registration begins.
---	--	---	---	--