



# ADVANCED TRAINING JANUARY & FEBRUARY

7

## Tabata in the Pool

Mondays • 5:30-6:25am with Toni G  
Exercise Pool

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

## Women on Weights

Tuesdays • 6-6:55am with Rudi M  
Multipurpose Room

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! Come join us. All levels welcome.

7

## Chakra Yoga

Wednesday • 6-7pm with Amy S  
Mind|Body Studio

The seven chakras organize vital energy in the body and influence the flow of movement and life force. Practicing Chakra balancing can help you minimize negative effects and maximize positive ones. The seven flowing yoga sequences will be introduced with a focus on correct alignment, grace, breathing and balance.

## Kick Fit

January 9 • 8:30-9:25am with Andre S  
Small Gym

Kick Fit is a vigorous workout featuring one-on-one bag punching, kickboxing, strength, conditioning and intense interval and core training. Burn calories, tone muscles, develop strength and relieve stress while learning self-defense. There's no tricky choreography... just come ready to sweat!

## Barre for Beginners Workshop

January 18 • 5:30-6:25pm with Kelly S  
February 15 • 5:30-6:25pm with Kelly S  
Mind|Body Studio

No dance experience needed! Come learn the basics of Barre while getting a total-body workout. These exercises will tone your muscles, challenge your balance and enhance your body awareness. This progressive class is perfect for anyone who is new to Barre and wants to learn more.

## Yin Yoga Workshop

January 23 • 9-10am with Amy S  
Mind|Body Studio

Yin Yoga works the deeper levels of the body/heart/mind: the connective tissues of the ligaments, fascia, joints and bones, and the energetic channels of the meridians, nerves and blood system. Yin Yoga targets the connective tissues in a passive style of asana poses, and it is common to hold a pose for 3-5 minutes to allow the deeper connective tissue to release and relax.

## Rowing 101 Workshop

February 1 • 6-6:55pm with Kelly S  
Small Gym

Looking for a new way to cross-train and boost your fitness? Come learn proper rowing technique, how to use the monitor to get the most out of your row, and how to structure a rowing workout tailored to your individual fitness level. Space is limited.

Register for Advanced Training and Workshops at the Front Desk.

## 7 Week

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

## Workshop Fee:

\$20 member | \$25 non-member

WAUWATOSA