



ADVANCED TRAINING JANUARY & FEBRUARY

7 **G.R.I.T.**
PT Studio
Mondays • 5-5:55pm with Brenda S

7 **Tween and Teen Yoga**
Mind|Body Studio
Tuesdays • 5-5:55pm with Jim M

7 **Women on Weights**
PT Studio
Tuesdays • 5:30-6:25pm with Jason D
Saturdays • 9-10am with Jason D

4 **Shred ft. Core**
PT Studio
Tuesdays • 6:30-7pm with Nick G

G.R.I.T.
Do you have what it takes to work your way through 30, 60 and 90-second intervals of cardio, strength, plyometrics and static holds? If yes, Group Radical Interval Training is your chance to prove it! This workout challenges you both physically and mentally and will improve your cardiovascular fitness, increase your strength, release those endorphins and burn calories for hours after class is over.

Tween and Teen
This class will introduce pre-teens, ages 7-12, to the basic practices of Yoga. The poses introduced will help tweens gain balance, flexibility, strength, proper alignment and breathing techniques—all the elements for a safe and lasting Yoga journey at a young age.

Women on Weights
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 **Restorative Yoga**
Mind|Body Studio
Wednesday • 4:30-5:25pm with Jordan D

7 **Fit and Fall Proof**
Studio 1
Wednesdays • 10-11am with Justin G

7 **Core Pilates**
Studio 1
Thursdays • 4:30-5:25pm with Tammy L

Shred ft. Core
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).

Restorative Yoga
Restore and renew your body. Move through traditional Yoga techniques to relieve fatigue and muscle tension. Pranayama (breath work), balancing and nurturing poses will help calm the mind. Props may be incorporated.

Fit & Fall Proof
Have you fallen in the past or do you have a fear of falling? Join us in a progressive class for active agers that will explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.

Core Pilates
Learn to use your own body weight and small apparatuses for resistance to work the muscles deeper. This full-body, intense workout will light your inner furnace and rev your metabolism.

Kids Yoga
This class will safely introduce your child to Yoga in a fun and challenging way. We'll bark in downward dog, hiss in cobra pose and flutter our wings in butterfly while we take a Yoga journey that your child will never forget!

7 **Kids Yoga**
Mind|Body Studio
Thursdays • 5-5:55pm with Jim M

7 **Yoga for Beginners**
Mind|Body Studio
Saturdays • 9-9:55am with Jim M

7 **Youth Sports Conditioning**
Court 2
Saturdays • 9-10am with Jarett P

Yoga for Beginners
Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

Youth Sports Conditioning
This class will help kids 5th-8th grade achieve their full athletic potential through an intricate blend of endurance, agility, exercise fundamentals and flexibility training. The key to success in athletics is hard work and participation in a broad range of activities. Speed and strength are not inherited; they are taught. Participants will learn how to execute moves with proper form, installing a solid exercise foundation they will use the rest of their lives. Kids will work hard and have a blast as we work our way through the program.

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
Session 1: begins January ?
Session 2: begins February ?

Register for Advanced Training at the Front Desk.



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