



ADVANCED TRAINING JULY 5 - AUGUST 28

**10% OFF ADVANCED TRAINING CLASSES
DURING JULY-AUGUST 4 & 7-WEEK SESSION**

See flyer for details.

7

OutFITT

Gym/Outdoor Playground
Friday • 9am with *Mike L*

7

Barre Burner

Studio 2
Thursday • 8am with *Debbi K*

7

WAC Recess

Gym
Tuesday • 3pm with *Ryan*

7

Fit Club

Gym/Outdoor Playground
Wednesday • 5:30am with *Kayla K*

7

Happy Hour

Gym/Outdoor Playground
Monday • 10am with *Kayla K*

4

MX4

PT Studio | Session 1 & 2
Monday • 5:15pm with *Angela R*
Wednesday • 7:45am with *Angela R*
Friday • 7:30am with *Shannon G*
Saturday • 8am with *Angela R*

4

Power

Gym/Outdoor Playground | Sessions 1 & 2
Tuesday or Thursday • 6:45am with *Shannon G*

4

Power ft. TRX and Kettlebells

Gym/Outdoor Playground | Sessions 1 & 2
Tuesday or Thursday • 6pm with *Mike B*

7

Women on Weights

PT Studio
Tuesday • 5:45pm with *Kayla K*

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