



ADVANCED TRAINING MAY & JUNE

7

Boxing for Parkinson's

Adult Playground

Tuesday • 1:00pm-1:55pm with Kathy

Learn the fundamentals of non-combat boxing including stance, jabs, calisthenics and use of a punching bag. This “pilot” class is open to people with early stage PD. No skills needed other than good balance and mobility. Medical clearance is requested. “Fight PD Boxing” is sponsored by the American Parkinson Disease Association-Wisconsin Chapter. Visit www.wichapterapda.org to become a member.

7

Metabolic Boot Camp

Adult Playground

Monday • 9:15-10:10am with Karah

Saturday • 9:30-10:25am with Kathy

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

7

Outfit

Outdoor Playground

Monday • 6-6:55pm with JJ

Tuesday • 5-5:55pm with Tyler

Wednesday • 10-10:55am with Tyler

Saturday • 10:30-11:25am with Karah

Get ready for an adventure! We’re taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results. Make the most of your summer and get out there!

7

Adult Learn to Swim: Beginners

Outdoor Pool

Thursday • 12-12:55pm with Heidi

Have you ever wanted to learn to swim? This class introduces the student to the basics of swimming in a welcoming, non-competitive environment. The class works on overcoming fear of water and includes basic skills such as floating, gliding, kicking, treading water and the basics of the freestyle stroke.

7

Golf Conditioning

Adult Playground

Tuesdays 9-9:55am with JJ

Wednesdays 5:30-6:25pm with JJ

This class will focus on the strength and conditioning needed to help perfect your golf game. You will perform exercises to develop core strength, joint range of motion, balance and more!

Register for Advanced Training 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