



ADVANCED TRAINING

MAY 3 - JUNE 19

7

Bro Flow

Wednesday • 6:00-7:00am
with Nikki Tioni

This Bro Flow program will focus on increasing your strength, mobility, and balance. Be guided through an hour long Vinyasa flow, designed to compliment your strength routine and improve your lifts.

4

Shred

Monday • 5:45-6:15pm
Outside or Fitness Floor
with Corey Petta

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)

7

Women's Health Series

Monday • 4:30-5:15pm
with Molly Sommerhalder

Join us for a workshop featuring a mini yoga practice where we'll cover important health topics for women. From hormonal imbalances, pelvic floor issues and conditions, chronic back pain, and more. We will use yoga as a way to find balance and live a healthy life.

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