



ADVANCED TRAINING MAY & JUNE

7 **Barre Sculpt**
Gym
Saturday • 8:30-9:25am with Irish

7 **Barre Burner**
Mind|Body Studio
Monday • 9:15-10:10am with Danyel

7 **Glide Fit**
Lap Pool
Thursday • 5:45-6:30am with Mike

4 **Power**
Gym / Outside | Session 1 & 2
Tuesday • 5:30-6:30pm with Chris
Thursday • 5:30-6:30pm with Chris

7 **Power Yoga**
Mind|Body Studio
Saturday • 8:30-9:25am with Tami
Thursday • 6:00-6:55pm with Tami

7 **Restorative Yoga**
Studio
Thursday • 10:15-11:10am with Susan

7 **Tabata in the Pool**
Exercise Pool / Outdoor Pool
Wednesday • 5:10-5:55pm with Cindy
Thursday • 9:00-9:45am with Cindy

7 **Tread & Train**
Fitness Floor / Outside
Tuesday • 6:25-7:25am with Sam

7 **Total Core**
Mind|Body Studio / Outside
Monday • 5:45-6:40pm with Renny

7 **Women on Weights**
Gym|Court / Outside
Tuesday • 8-8:55am with Lauree
Wednesday • 5:30-6:25am with Jennifer
Thursday • 9-9:55am with Lauree (Outside/Studio)

7 **Water Boot Camp**
Exercise Pool / Outdoor Pool
Monday • 9:15-10:00am with Dalilah

Register for Advanced Training in the Lobby with your Instructor.

7 **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

4 **Classes meet once a week for a 4-week session**
4-Week Hour Fee: \$90 member | \$110 non-member
Hour Drop-In Fee: \$25 member | \$30 non-member

Barre Sculpt

Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls. All levels are welcome.

Barre Burner

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

Glide Fit

We've combined the power of plyometric training and strength training to create this fun yet challenging class. Explore new functional methods of building strength, stamina and mobility using a floating fitness mat. This class is the perfect training complement for athletes and exercise enthusiasts. Let's see what you're made of on the water.

Power

Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through calories, build stronger muscles and increase your explosive power and speed.

Power Yoga

Taught with an athletic approach, Yoga for Strength follows the flow of breathing through a sequence of interweaving asanas. Sequences emphasize balance and core strengthening exercises.

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.

Tabata in the 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.

Tread & Train

This intense class will begin on the treadmill using different levels of incline and speed designed to kick your cardio into high gear. For the second half of the class, you will use resistance training to create the perfect balance of cardio and strength training.

Total Core

This class uses total-body training to tone, sculpt and develop a stronger core. Challenge your entire mid-section by using a combination of gym toys and body weight to build a stronger core, alleviate low back and joint pain and enhance overall fitness.

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.

Water Boot Camp

This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work.