



ADVANCED TRAINING MAY & JUNE

7 **Backyard Bootcamp**
Gym/Outdoor Playground
Thursday • 9am with Shannon G

7 **Barre Burner**
Studio 2
Thursday • 8am with Debbi K

7 **Dry-Tri**
Gym/Outdoor Playground
Monday • 10am with Mike L

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

7 **Happy Hour**
Gym/Outdoor Playground
Monday • 8:20am with Kayla K

7 **Yoga Sculpt**
Studio 2/Outdoor Zen Zone
Monday • 5:00pm with Kris B

4 **MX4**
PT Studio | Session 1 & 2
Monday • 5:15pm with Angela R
Wednesday • 7:45am with Angela R
Wednesday • 12:15pm 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 **Trail & Train**
Gym/Outdoor Playground
Friday • 9am with Mike L

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