



# ADVANCED TRAINING

## MAY 3 - JUNE 19

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### Power

Outside/Fitness Floor  
Monday • 9-9:30am with Haley

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.

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### Power *Ages 13-16*

Outside/Fitness Floor  
Wednesday • 11-11:30am with Kara

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. For ages 13-16.

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### Shred

Outside/Fitness Floor  
Monday • 6-6:30pm with Cassie

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).

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### Shred ft. Belly Dance

Studio  
Saturday • 9:15-9:45am with Dana

Learn belly dance moves that build into combos over the four week session. Specific strength, balance and conditioning will take your fitness and belly dance skills to the next level!

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### Barre Burner

Studio  
Tuesday • 9-9:55am with Melissa

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!

Register for Advanced Training and Workshops at the Front Desk.

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Classes meet once a week for a 7-week session  
Fee: \$70 member | \$105 non-member  
Drop-In Fee: \$15 member | \$20 non-member

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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