



ADVANCED TRAINING

MAY 3 - JUNE 19

7 **Cycle Fit** *PT Studio*
Tuesday • 5:30-6:30am with Annabelle

7 **Women on Weights** *PT Studio / Yard*
Tuesday • 5:30-6:25pm with Jason
Saturday • 9-10am with Jason

4 **Shred ft. Core** *PT Studio*
Wednesday • 6:30-7pm with Nick

7 **Adult Learn to Swim: Beginner** *Pool*
Wednesday • 6:35-7:35pm with Kelly

4 **TRX** *PT Studio*
Thursday • 5:30-6am with Tammy

7 **Kids' Yoga** *Mind|Body Studio*
Thursday • 5-5:55pm with Jim

7 **Adult Ballet** *Mind|Body Studio*
Friday • 5-6pm with Anastasia
Break week on May 14th due to Instructor being out of town. Will push class an extra week.

7 **WAC Recess** *Ages 6-13 Court 2*
Saturday • 9-10am with Jarett

Cycle Fit

This intense class will kick your cardio into high gear using cycle bikes at different levels of speed and resistance. Combined with resistance exercises off the bike, this class provides the perfect balance of cardio and strength.

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.

Shred ft. Core

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).

Adult Learn to Swim: Beginner

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.

TRX

Change the way you train! TRX (total resistance exercise) training will challenge your body like never before to improve strength, balance, flexibility and core stability. This revolutionary group personal training

class uses leveraged bodyweight exercises on the TRX straps to transform your body.

Kids' Yoga

This class will safely introduce your child to Yoga in a fun and challenging way. We'll bark in downward dog, hiss in cobra pose and flutter our wings in butterfly while we take a Yoga journey that your child will never forget!

Adult Ballet

This class is for those 18 years and older, starting fresh, starting over, or looking to maintain in ballet. This is a great way to get in shape and stay in shape while learning the fundamentals of classical ballet.

WAC Recess

Come join us for recess. WAC Recess is the perfect physical education companion for your child's home-school or virtual learning. Meet up with other kids and participate in a variety of recreational fitness activities led by our incredible Trainers. Let's have some fun!

Powerlifting Technique

Powerlifting is a competition sport comprised of the three BIG lifts: the squat, the deadlift and the bench press. In order to become strong and lift maximal weights in these three lifts you have to train the right way. Come learn the different techniques and modalities from a Personal Trainer and competitive powerlifter. This class will touch on proper technique, program design, accessory work, the difference between training for size and strength, and the different gear needed in order to set new personal records week in and week out in your training.

Register for Advanced Training at the Front Desk beginning April 19.

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