

ADVANCED TRAINING

NOVEMBER
DECEMBER



7

Boxing for Parkinson's

Adult Playground
Tuesday • 1:00-1:55pm with Kathy

Learn the fundamentals of non-combat boxing including stance, jabs, calisthenics and use of a punching bag. This "pilot" class is open to people with early stage PD. No skills needed other than good balance and mobility. Medical clearance is requested. "Fight PD Boxing" is sponsored by the American Parkinson Disease Association-Wisconsin Chapter. Visit www.wichapterapda.org to become a member.

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Metabolic Boot Camp

Adult Playground
Wednesday • 10:00-10:55am with Tyler

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

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Beginners Cycle

Cycle Studio
Thursday • 6:15-7:10pm with Jen

Want to learn about how to get started with indoor cycling? In Beginner Cycle, you'll learn the details of setting up your bike, determine how to find your flat road, and gain the cardiovascular endurance and muscle strength needed to complete any 45-minute Cycle class with confidence. In this progressive course, each week, we'll teach you about new cycle terminology and techniques like hills, climbs, sprints and flats. After seven weeks, you'll be able to conquer any of our Complimentary Cycle classes with ease, and the final class ride will culminate in a 15 minute group climb!

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Women on Weights

Women's Only Studio
Fridays • 10:00-10:55am with Sarah

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.

Workshops

Yin Yoga

Lotus Studio
November 16 • 6-7pm with Guy

Yin Yoga works the deeper levels of the body/heart/mind: the connective tissues of the ligaments, fascia, joints and bones, and the energetic channels of the meridians, nerves and blood system. Yin Yoga targets the connective tissues in a passive style of asana poses, and it is common to hold a pose for 3-5 minutes to allow the deeper connective tissue to release and relax.

Vino & Vinyasa

Lotus Studio & Club Pub
December 3 • 6-7pm with Heather

Wine and unwind with this workshop that combines two of the most relaxing activities – practicing yoga and sipping wine. It's a perfect way to wind down and find your calm after a long week! We will spend the first 55 minutes with a gentle vinyasa flow class and the last 30 minutes with a mindful and educational wine tasting of a few well-selected wines (both white and red).

Register for Advanced Training 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

Yin Yoga Workshop Fee: \$20 member | \$25 non-member
Vino & Vinyasa Workshop Fee: \$25 member | \$30 non-member
Includes complimentary glass of wine.

