

# ADVANCED TRAINING



NOVEMBER  
DECEMBER

7

## Functional Fitness Training

Studio 1 or Fitness Floor with Alex Schwid  
Monday • 12-1pm

Build strength, increase endurance and improve your overall athletic performance. In this class, we'll combine functional bodyweight movements with barbells, medicine balls, kettlebells and the rower. Enjoy the camaraderie of group-lead workouts as well as an individual focus on technique and mobility. All levels are welcome!

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## Self-Defense Training

Studio 2 with Allen Liu  
Mondays • 11am-12pm

This Martial Arts-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence. This class will progress each week as you enhance psychological awareness and verbal skills while learning how to defend yourself.

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