

# ADVANCED TRAINING

NOVEMBER  
DECEMBER



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## Body Transformation Boot Camp

Fridays • 5:30am with Nicole

This boot camp will help you shed those unwanted pounds and inches while taking your workouts to the next level. This class will challenge your mind and transform your body, getting you the results you want!

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## Trail Time at Whitnall Golf Course

Mondays • 5:30pm with Nicole and Correen

Get in on this fun-filled outdoor workout at The Rock Ski Hill. Join us for a little adventure as we hike the hill, traverse the trails and enhance our bodies and minds. All fitness levels and positive attitudes welcome!

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## Combat Parkinson's Disease

Thursdays • 11:15am with Mary

This movement class is designed to help people living with Parkinson's Disease combat daily challenges, such as stiffness, fatigue, poor balance, postural deficits, muscle weakness and vocal and cognitive impairments. Modeled after the Physical Therapy class, Delay the Disease, Combat Parkinson's provides a safe and fun environment for those who live with PD to use different modalities and strategies to improve their functionality and to help combat the effects of neurological issues. Join us and become a Parkinson's Warrior!

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## Empower Yoga

Tuesdays • 5pm with Correen  
Thursdays • 8:45am with Correen

In Empower Yoga you'll find your power by applying the Universal Principles of Alignment™ to deepen each pose, and then reach your full potential by expanding from the heart. Whether you want to refine basic poses or learn challenging inversions, arm balances, or backbends, you'll find a full range of postures in this intermediate workshop.

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## Fit Swim

Tuesdays • 5:30am with Nicole  
Saturdays • 7:55am with Nicole and Correen

Do you swim countless boring laps? Join Fit Swim for a formatted lap swimming work out lead by a trained coach. Help improve your endurance, increase your power and speed and learn stroke development.

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## Gladiator Boot Camp

Saturdays • 10am with Don

Tired of traditional workouts? Rain or shine, experience outdoor training that will test every aspect of your fitness and reveal your inner warrior. This high-intensity program incorporates muscular endurance, strength training and cardio. Whether you are experienced or just starting, utilize methodology designed to build muscle and shred fat to become a better version of yourself!

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## Tabata

Mondays • 6pm with Don  
Thursdays • 6pm with Don

Tabata is one of the most effective types of high-intensity interval training to burn calories and develop muscle definition. Class consists of a warm-up leading to timed sets of bodyweight exercises like sprints, push-ups and squat jumps performed in 20-second intervals of all-out intensity, followed by 10-second recovery periods, and concluding with a well-deserved cool-down. Expect to be progressively challenged as you push to the next level of intensity.

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## Women on Weights

Saturdays • 8am with Lisa

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.

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



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