

# ADVANCED TRAINING

NOVEMBER  
DECEMBER



4

## Shred feat. Pilates

Mind|Body Studio

**Tuesdays • 9:30-10am with Evonne**

Session 2 | 12/7-12/28

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).

4

## Shred

Fitness Floor

**Thursdays • 12-12:30pm with Ryan**

Session 1 | 11/4-12/2

*No class on November 25.*

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).

4

## Tabata in the Pool

Exercise Pool

**Mondays • 9:15-9:45am with Katie**

Session 1 | 11/15-12/6

Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

7

## Triple Threat

Mind|Body Studio

**Wednesday • 7-7:55am with Cassie**

11/3-12/15

This course is designed to help you to tone, pump and tighten your body. We will target muscle groups with a variety of exercises designed to get results. Boost your body image and confidence level as you head to the office or for a night out on the town!

## Workshops

### PIYO (\$)

Saturday, November 6 • 9:15am with Janet

### Youth Gym and Swim Pirate Theme (\$)

Sunday, November 7 • 1:30-3pm

### Glute Camp (\$)

Monday, November 8 • 5pm with Charlie

### How to Bring Mindfulness to Your Workout (Complimentary)

Saturday, November 13 • 1-3pm

### Bikes, Bootcamp and Bevvies (\$)

Friday, November 19 • 5:30pm with Janice

### Aqua Yoga (\$)

Sunday, November 21 • 11am with Becca

### Turkey Day Roll and Release (\$)

Thursday, November 25 • 7am with Cassie

### Kids' Clubhouse Ugly Sweater Decorating (\$)

*Supplies included in fee.*

Saturday, December 4 • 1-2:30pm

### Restorative Yoga for the Holidays (\$)

Saturday, December 4 • 9:15am with Margie

### Holiday Barre Sculpt (\$)

Saturday, December 11 • 10am with Dana

### Kids' Clubhouse Gingerbread House Decorating (\$) *Supplies included in fee.*

Saturday, December 18 • 1-2:30pm

### Roll and Release + Guided Meditation (\$)

Thursday, December 30 • 10:30am with Cassie

Register for Advanced Training at the Front Desk.

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  
Hour Fee: \$90 member | \$110 non-member

